

# KING EDWARD'S COOKERY BOOK

By  
FLORENCE A. GEORGE



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# KING EDWARD'S COOKERY BOOK

BY

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BIRMINGHAM

*FOURTH IMPRESSION*

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EDWARD ARNOLD

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## PREFACE

I HAVE been induced to write this book because, from my experience as mistress of cookery in King Edward's High School for Girls, Birmingham, I have felt the great need of a suitable text-book. My aim has been to write a clear, concise, and methodical manual, which will contain everything that the ordinary Englishwoman of the middle class need know about cookery. It has a wide range, insomuch as it includes artisan, household, and a little high-class cookery, so that I believe the book will be as useful to those who have £200 a year at their disposal as to those who have £1,000.

The lack of such a text-book is no doubt due to the tardiness with which the advantages of including cookery in the modern high-school curriculum have been realized.

Surely the art of cookery is an important one both for its own sake and as a training for other things. If arranged so as to come in the school course when girls are between the ages of twelve and sixteen years, every girl will acquire much necessary and useful knowledge; she will receive a special kind of training in thoroughness, dexterity, accuracy, neatness, method, and order, which will be of great service to her in later years.

As to the practical importance of cookery in itself I need say nothing, for I believe all will agree that ignorance of the

art in the young housewife has been not seldom the cause of a good deal of misery in the home.

As regards the special points of the book, I have sought in my arrangement, as far as possible, to educate readers to think for themselves by giving them principles and rules by which to work. With this object in view, I have given the foundations in most cases separately, and in cakes the principal methods of mixing also. If these are thoroughly learnt, all cake-making will be much simplified. This applies also in the case of soups and sauces.

I think the appendices will be found useful, and also the chapter on afternoon teas, especially now that this form of entertainment is such a favourite one.

Although written in the first instance for my pupils here, I have every reason for hoping that this book will find its way, not only into many other secondary schools where cookery is taught, but into domestic circles, where a simple and practical manual is always welcome.

FLORENCE A. GEORGE.

KING EDWARD VI.'S HIGH SCHOOL FOR GIRLS,  
BIRMINGHAM.



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# INTRODUCTION

## SCULLERY WORK

Too great care cannot be taken of the utensils we use for cooking ; they must be kept scrupulously clean and bright, or they will be liable to cause disease. All utensils must be carefully washed in hot water to which a little soda has been added ; the soda by softening the water removes grease more effectually. No soda must be used, however, when scrubbing boards and tables or anything wooden, as the soda discolours wood ; this is only allowable when the wood is very greasy : a little must then be added.

**Copper Saucepans, Moulds, etc.**—These must be washed in soda water, and the inside cleaned with soap and silver sand. Clean the outside with a few drops of vinegar mixed with salt and a little sand ; this makes the copper a good colour. Rinse quickly and clean all over with soap and sand to prevent it from tarnishing. Rinse again and dry with a hot swab wrung out very tightly, then polish with a leather and whiting, using a brush for the crevices.

**Tins, Steel Stewpans, Patty-pans, Baking-sheets, etc.**—Wash these in soda water, cleaning them inside and out with soap and sand. Rinse thoroughly, dry with a swab, and polish with a leather and whiting.

**Skewers and Trussing-needles.**—Wash these in soda water and polish with emery-paper.

**Iron Saucepans.**—Clean the inside with soap and sand, and wipe the outside with a swab.

**Sieves.**—Wash in *warm* water, no soda. The water should not be too warm, for if the sieve has been used for meat or fish it will cook it, so rendering it more difficult to remove.

**Hair Sieves.**—Scrub with a strong scrubbing-brush, using a little sand for the wooden parts only. Rinse thoroughly and dry.

**Wire Sieves.**—Scrub all over with soap and sand, rinse, and dry.

**Brass Taps.**—Clean with vinegar and salt, rinse. Clean with soap and sand, rinse. Dry thoroughly and polish with a leather and whiting. It is not necessary to use polish, which is expensive.

**Brass Kettles.**—Wash well and dry. Rub with a little metal polish, rubbing it off with a soft cloth. Polish with a leather and whiting.

**Wooden Tables and Boards.**—Wash with warm water, sprinkle with sand, rub a little soap on a scrubbing-brush, and scrub well the way of the grain. Rinse several times and dry with a swab.

For cleaning brass, copper, or steel stewpans, the following will be found an excellent mixture :

1 lb. whiting,  
1 lb. soft soap,  
1 lb. silver sand,  
1 quart water.

*To Mix.*—Put all the ingredients into a saucepan together, stir until they come to boiling-point, stir frequently until the mixture becomes thick. Put into jars, tie down, and use as required.

## COOKING RANGES AND STOVES

### CLEANING OF RANGES.

Rake out the ashes from the firebox. Remove all the flue-doors and the plate-rack, pull out the dampers. Sweep the flues well with a flue-brush, using a small brush for the flues

above the oven. Rake out the soot from underneath the ovens, which will have fallen from the flues, into a dustpan, and then sweep with a brush. Brush the hot-plate, empty the ash-box, and leave the ashes ready to be sifted. Wash the ovens thoroughly with strong soda and water.

*To blacklead the Range.*—Moisten the blacklead with a little water, and put on as little as possible, rub off with another blacking-brush and polish with a third. Put back the flue-doors. Polish the plate-rack with emery-paper and put back in its place. Clean the handles of the oven doors with emery-paper.

#### TO CLEAN A GAS STOVE.

Wipe the bars and wash with hot soda and water, lift them off, and wash the rings, removing all grease, etc. Wipe the pipes, scrub the plate underneath with soap and sand, dry well and put the rings and bars back. Wash the oven with soda and water and wipe all the bars inside, clean the tray underneath. Clean the pipe in front of the hot plate and the taps with emery-paper, then polish the brass taps with whiting and a leather.

*Lighting a Range Fire.*—Put a few cinders or small pieces of coal in the firebox, then put a little crumpled paper, lay some dry sticks across lattice fashion, then a few pieces of coal on top. Pull out the dampers and light the fire with a match; as it begins to burn well add more coal, and make up a good fire. When well burnt through push in the dampers except those which are required.

It is very important to have a good cooking apparatus. There are various modes of heating—viz., by coal, gas, oil, charcoal, and electricity; coal and gas being the most general. Coal ranges may be either opened or closed, the latter being the most convenient and economical.

In an open range it is necessary to have a large fire to do a small amount of cooking, and a great deal of the heat is lost

passing up the chimney, also the saucepans get very dirty and frequently the contents smoky ; whereas in a perfectly constructed closed range, where the firebox has a movable bottom, by which it can be raised or lowered as required, only a small amount of fire is necessary to keep all the saucepans on the hot-plate boiling.

Then, again, the heat of the oven in the open ranges is very uneven.

In the closed ranges the flues are so arranged that the heat can be directed over the top and down the side of the oven as required for roasting, or down the side and along the bottom as required for baking.

A closed range is no detriment to roasting in front of the fire, as when the firebox is at its lowest there is as great a surface of heat as in an open range.

In choosing a range, it is best to have one with iron flues ; there is less chance of their getting out of order through the expansion and contraction caused by the heat. There is no danger of defective setting, which is often the case when one is dependent upon brick flues.

Gas stoves are very convenient, especially in the summer, when heat is only required for cooking. The oven only requires from five to ten minutes to heat. Gas stoves are cleaner and save time, as no stoking is required. If properly fixed and ventilated, there is little or no smell. They can be rented from 2s. 6d. per quarter.

Thermometers can be fitted to the ovens of either. They cost about 12s. 6d., and are a guide in regulating the heat of the oven.

Although a good cooking range is a great comfort, it is possible for an experienced cook to turn out very successful dishes from a poor apparatus.

## CULINARY HEATS

Failure in turning out a dish successfully is often due to lack of knowledge of the various heats required. If a thermometer is used, it is easy to obtain the requisite degree of heat.

The following is a list of the necessary degrees for different modes of cooking :

## BAKING.

Bread	...	...	...	340° to 350° F.
Puff pastry	...	...	...	340°
Short pastry and cakes	...	...	...	300° to 320°
Meat pies	...	...	...	290°

## OVEN ROASTING.

Pork...	...	...	...	320°
Beef and veal	...	...	...	310°
Game and poultry	...	...	...	310°
Mutton	...	...	...	300°

## FRYING.

Whitebait	...	...	...	400°
Meat...	...	...	...	370° to 380°
Fish	...	...	...	350° to 375°
Fritters	...	...	...	340° to 375°

No cooking is done at a temperature of less than 180° F.

## USEFUL WEIGHTS AND MEASURES

1 teaspoonful (medicinal) =  $\frac{1}{4}$  oz. or 60 drops.

1 dessertspoonful (water) =  $\frac{1}{2}$  oz.

1 tablespoonful (water) = 1 oz.

\* 1 tablespoonful (cornflour, etc.) = 1 oz. (about).

1 gill or  $\frac{1}{4}$  pint (water) = 5 oz.

1 gill or  $\frac{1}{4}$  pint (treacle, jam, etc.) = 8 oz. or  $\frac{1}{2}$  lb.

\* When using spoons for measuring dry ingredients, take as much above the bowl of the spoon as you have in it.





## CHAPTER I

### STOCKS AND SOUPS

#### *STOCKS.*

**STOCK** forms the basis of most soups and many sauces. It is the liquid in which bones, meat, or vegetables have been boiled. It should not be strongly flavoured, as it would render it unsuitable for the more delicate sauces and soups. It should be clear, and of a pale colour.

Stock made from meat must be simmered very gently; boiling would harden the meat, and prevent the complete extraction of the juices. But in making stock from bones, boil quickly, as the goodness to be extracted will consist chiefly of gelatine, and this can be more thoroughly extracted by a high temperature. The lid of the stockpot should fit well to prevent unnecessary loss of steam. This stock will set to a firm jelly when cold. It will have less flavour than that made with meat, but will be more suitable for making glaze and for braising.

There are several kinds of stock, viz. :

1. First stock, or clear stock.
2. Good economical stock.
3. Second stock.
4. Game stock.
5. Fish stock.
6. Vegetable stock.

The **first or clear stock** is cleared with meat, or meat and white of egg, and is used for all consommés.

The **good economical stock** is a cheaper stock, and is used for such soups as brown soup, macaroni soup, etc., without being artificially clarified.

**Second stock**, the stock which is made by using the meat and bones left from making first stock, with the addition of fresh vegetables.

**Game stock**, used for game soups, gravy to be served with game, kromeskies, etc.

**Fish stock**, made from white fish, is used for fricassees of fish, sauces, and fish soups.

### RULES FOR STOCK.

1. If you have no stockpot, use a saucepan with a closely fitting lid.

2. Chop bones into small pieces, cut meat into pieces.

3. Use cold water to extract all goodness, add salt before the water gets hot (1 teaspoonful to 1 gallon water).

4. Bring slowly to boiling-point.

5. Skim well.

6. After skimming add vegetables, herbs, and peppercorns. Use vegetables and herbs sparingly.

7. When making stock from bones boil quickly, but if from meat simmer gently.

8. Herbs when fresh should be tied up in bundles, when dry in a piece of muslin.

9. Lid to be kept tightly on to keep in the steam.

10. Stock should be made the day before it is wanted, so that all fat can be removed before it is used.

11. Boil for five or six hours, strain into an earthenware basin. The bones can be used for making more stock, but the vegetables should be thrown away.

12. Never leave stock to get cold in the saucepan.

13. The saucepan to be thoroughly cleaned each day.

14. To keep stock good in hot weather, boil it up every day, and put it in a clean basin.

15. In hot weather use no turnip *in stock*, and very little vegetable of any kind.

### Clear Stock.

2 pennyworth of giblets.	1 earrot.
1 pennyworth of bones.	1 turnip.
3 lb. shin of beef.	1 onion.
2 lb. veal.	$\frac{1}{2}$ head of eelery.
2 teaspoonfuls salt.	20 peppereorns.
8 quarts water.	

Clean the giblets, remove the marrow from the bones, cut the meat into small pieces, removing the fat. Put the meat, bones, and giblets into a saucepan with the salt and water. Bring slowly to boiling-point, skim well, and simmer gently for one hour. Add the vegetables, cook for five hours, strain through a hair sieve.

### Fish Stock.

Bones and trimmings from fish.	Blade of mace.
Cold water to cover.	Sprig of parsley.
Small piece of earrot.	10 peppereorns.
Small piece of onion.	Salt.

Put the bones and trimmings into a saucepan, cover with cold water, bring to boiling-point, skim; add the vegetables, herbs, peppereorns, and salt. Boil fifteen to twenty minutes, strain.

### Game Stock.

Trimnings and bones from game.	Stock or water.
2 oz. lean bacon.	6 peppereorns.
$\frac{1}{2}$ gill sherry.	Salt.
	Bunch of herbs.

Put the bones, trimmings, and bacon into a saucepan, add the sherry, reduce, then cover with stock or water. Bring to boiling-point, skim; add the peppereorns, herbs, and salt. Reduce to two-thirds, strain.

### Good Economical Stock.

3 pennyworth of bones.	12 peppercorns.
2 pennyworth of giblets.	1 clove.
Any trimmings from fresh meat or poultry.	1 onion.
2 teaspoonfuls salt.	2 bay-leaves.
5 quarts water.	2 carrots.
	3 sticks of celery.

Chop and wash the bones, and prepare the giblets. Make as for clear stock.

### Household Stock.

Make as for economical stock, using any trimmings or bones from cooked meat which may be available.

### Vegetable Stock.

2 oz. lentils.	1 onion.
2 oz. haricots.	Stick of celery.
Cold water.	1 tomafo.
1 carrot.	Stick of rhubarb, or lemon-juice.
1 turnip.	Pepper and salt.

Wash the haricots and lentils, put them into a saucepan, add the water, boil gently for one hour. Add the other vegetables, cut in slices; boil gently from one to two hours longer, skimming from time to time. Add lemon-juice and season. Strain, and it is ready for use.

### SOUPS.

#### Clear Soup, or Consommé.

Ingredients to clear :

1½ lb. lean steak.	1 shallot.
1½ pints water.	Celery.
1 carrot.	Bouquet garni.
1 turnip.	

Clear stock (see p. 3).

Remove all fat from the steak, and pass it through a mincing-machine; put it into a basin with the water to soak for half an hour or longer. Cut the vegetables into small pieces, remove all fat from the stock, put it into a large saucepan, keeping back any sediment. Add the minced meat and water, vegetables, and the herbs. Whisk until nearly boiling. Remove the whisk, put the lid of the saucepan partly on, simmer gently for forty minutes, strain through a tea cloth a ladleful at a time. Add a lump of sugar when heating up for use.

### Consommés.

Consommé, as above, with choux pastry = Consommé aux Quenelles frites.

„ „ „ eustard, cut into shapes = Consommé à la Royale.

„ „ „ Italian paste = Consommé aux Pâtés d'Italie.

„ „ „ macaroni = Consommé au Macaroni.

„ „ „ strips of vegetables = Consommé Julienne.

„ „ „ vermicelli = Consommé au Vermicelli.

**Consommé aux Quenelles frites.** — Consommé with choux pastry in little shapes fried. Method: Put the choux pastry into a forcing-bag, force small portions into hot fat, fry, drain, and put into boiling consommé.

**Consommé à la Royale.** — Make a savoury custard, cut into shape, add to the boiling consommé.

**Consommé aux Pâtés d'Italie.** — Cook the Italian paste in boiling water and a little salt for half an hour; add to the boiling consommé.

**Consommé au Macaroni.** — Make as above, cooking for two hours. Serve with Gruyère (grated).

**Consommé Julienne.** — Cut a carrot, turnip, and celery into fine strips, sauter in  $\frac{1}{2}$  ounce butter, cook in second stock till tender, drain, and add to the boiling consommé.

**Consommé au Vermicelli.** — Break up vermicelli, cook half an hour, add to consommé.

## Clear Ox-tail Soup.

1 ox-tail.	12 peppercorns.
4 quarts stock.	1 blade of mace.
1 large carrot.	Salt.
1 turnip.	1 lb. lean steak.
1 leek.	1 wineglass sherry.
1 onion.	Vegetables for garnish : Carrots
2 sticks of celery.	and turnips cut into shapes
Bunch of herbs.	with a pea-cutter.

*(Enough for 12 or 14 persons.)*

Cut the tail into pieces. Blanch, by putting it into sufficient cold water to cover, with a little salt ; just bring to boiling-point, then wash in cold water and dry in a cloth. Put into a stewpan with the stock, vegetables, herbs and spice. Simmer gently from three to four hours, keeping it well skimmed. Strain through a hair sieve. When cold remove all fat and clear with the steak finely minced. Strain and return to stewpan. Add the sherry and a few small pieces of the tail and the vegetables, which have been previously cut into fancy shapes and cooked in boiling water.

## Brown Soup.

1 carrot.	1 oz. cornflour.
1 turnip.	Seasoning.
2 sticks of celery.	1 teaspoonful browning.
3 quarts economical stock.	

*(Enough for 12 persons.)*

Cut the vegetables into dice, and add them to the stock when boiling. Simmer gently until tender. Add the cornflour, seasoning and browning.

N.B.—Two tablespoonfuls of tomato sauce improves the flavour.

### Macaroni Soup.

2 oz. Naples macaroni.	1 turnip.
3 quarts economical stock.	Seasoning.
1 carrot.	$\frac{1}{2}$ tablespoonful Worcester Sauce.

*(Enough for 12 persons.)*

Break up the macaroni, add it to the boiling stock with the vegetables cut into fancy shapes. Simmer gently until tender. Season and add the sauce. When curled macaroni is used, cook it for half an hour in boiling water before adding it to the stock.

### Star Soup.

2 oz. Italian paste (star-shaped).	1 carrot.
2 quarts economical stock.	A stick of celery.
1 turnip.	Seasoning.

*(Enough for 8 people.)*

Add the paste to the boiling stock, and the vegetables cut in star shapes. Simmer gently till tender. Season.

### Vermicelli Soup.

1 quart economical stock.
1 oz. vermicelli.
Seasoning.

*(Enough for 4 people.)*

Break up the vermicelli, add it to the boiling stock, cook until tender. Season.

### Veal Broth.

See recipe for Boiled Veal.

### Rabbit Broth.

See recipe for Boiled Rabbit.

### Scotch Broth.

1 tablespoonful Scotch barley.	1 small turnip.
2 quarts stock made with 2 penny-worth of bones.	$\frac{1}{2}$ small onion.
$\frac{3}{4}$ lb. scrag of mutton.	1 leek.
2 sticks of celery.	Pepper and salt.
1 small carrot.	2 teaspoonfuls chopped parsley.

(Enough for 9 or 10 persons.)

Wash the barley, put it into a saucepan with the stock and mutton. Bring slowly to boiling-point and simmer gently for one hour; then add the vegetables (cut in dice), and simmer gently for two hours. Take out the meat, cut the lean into small pieces and put it back into the soup. Season, and add the parsley just before serving.

### Gravy Soup.

2 pennyworth of bones.	12 peppercorns.
2 lb. shoulder of beef.	1 bay-leaf.
5 quarts water.	1 onion.
3 teaspoonfuls salt.	Garnish of tiny suet dumplings.

(Enough for 15 or 16 people.)

Wash and chop the bones, cut up the meat, put the bones and meat into a saucepan with the water and the salt. Bring slowly to boiling-point, skim; add peppercorns, bay-leaf, and onion. Simmer gently for five hours, strain. Remove the fat. Return the soup to the saucepan, and when boiling add the suet dumplings and cook for half an hour. Serve.

### Artichoke Soup.

2 lb. Jerusalem artichokes.	3 gills milk or 1 gill cream.
$1\frac{1}{2}$ oz. butter.	Pepper and salt.
1 quart stock.	

(Enough for 6 persons.)

Wash the artichokes, then put a tablespoonful of vinegar into a basin of clean water and peel them under water, cut



them up. Melt the butter in a saucepan, add the artichokes, and cook over the fire for five minutes. Add the boiling stock ; boil gently until tender (about thirty minutes). Rub through a sieve, return to the saucepan, add the milk and seasoning, boil gently for five minutes. If cream is used, it must be added just before serving.

### Carrot Soup.

3 large carrots.	1 sprig of parsley.
1½ oz. ham.	½ pint milk.
Small piece of onion.	1 oz. flour.
½ oz. butter.	Pepper and salt.
2 pints boiling stock.	

*(Enough for 4 or 5 persons.)*

Grate the carrots, cut up the ham and onion, cook these in the butter for five minutes, add the stock and parsley. Boil gently for one hour ; rub through a sieve, removing the parsley. Return to the saucepan, add the milk, flour, and seasoning. Boil gently for ten minutes.

### Cabbage Soup.

1 white cabbage.	Pinch of thyme.
1 Spanish onion.	2 teaspoonfuls marigold petals.
2 teaspoonfuls parsley.	1 tablespoonful flour.
2 quarts stock (made with beef bones and a ham bone).	Browning.

*(Enough for 6 or 7 persons.)*

Shred the cabbage, not too finely, cut up the onion finely. Put these ingredients into a saucepan with the parsley and boiling stock. Boil gently for two hours, add the thyme and marigold petals, cook for ten minutes. Thicken with the flour, add seasoning and browning.

## Celery Soup.

2 heads of celery.	1 pint milk or 1 gill cream.
1 oz. butter.	1½ oz. flour.
2 quarts boiling stock.	Pepper and salt.

*(Enough for 8 persons.)*

Wash and cut up the celery, and cook it in the butter for five minutes; add the stock, boil gently until the celery is tender. Rub through a hair sieve, return to the saucepan with the milk, add the flour and seasoning. Boil gently for ten minutes. If cream is used, it must be added just before serving.

## Brown Celery Soup.

1 onion.	½ teaspoonful sugar.
1 slice of lean ham.	1 quart good stock.
1 oz. butter.	2 heads of celery.

*(Enough for 4 persons.)*

Slice the onion, chop the ham. Fry these in the butter, sprinkle with castor sugar, and fry two or three minutes longer. Add the stock (boiling) and the celery cut in small pieces. Boil gently until tender. Rub through a sieve, return to the saucepan, and boil for five minutes.

## Cucumber Soup.

1 large cucumber or 2 small ones.	1 tablespoonful flour.
2 pints white stock.	1 gill milk.
1 oz. butter.	2 yolks of eggs.

*(Enough for 5 persons.)*

Peel the cucumber, cut it in pieces; blanch, and put into the boiling stock. Cook until tender. Make a sauce with the butter, flour and milk. Add cucumber and stock. Cook well for fifteen minutes. Rub through a sieve, return to the saucepan when hot; pour gradually on to the yolks; return to the saucepan for a few minutes. Season and serve. If not a good colour, a little cream may be added.

## Green Pea Soup (1).

1 quart pea-shells.	Salt and pepper.
1 quart white stock or water.	1 teaspoonful sugar.
1 gill peas.	1 oz. butter.
1 onion (sliced).	$\frac{1}{2}$ oz. flour.
1 sprig mint.	$\frac{1}{2}$ pint milk.
Pinch of carbonate soda.	

(Enough for 6 people.)

String and wash the pea-shells, put into the boiling liquid with the peas, onion, mint, soda, salt, pepper, and sugar. Simmer until the shells are tender (about thirty minutes), rub through a hair sieve. Dissolve the butter, stir in the flour, add the milk and purée, bring to boiling-point, stirring all the time. Simmer for ten minutes.

## Green Pea Soup (2).

2 lb. peas.	2 pints boiling stock.
1 oz. butter.	1 teaspoonful sugar.
1 spinach-leaf.	Salt and pepper.
1 sprig of mint.	1 gill cream or $\frac{1}{2}$ pint milk.

(Enough for 4 persons.)

Shell the peas, string and wash pods. *Sauté* these in the butter with the spinach-leaf and mint, add the stock. Boil with the lid off until the peas are tender. Rub through a sieve, return to the saucepan, add sugar and seasoning; boil well for a few minutes, add the cream, and serve.

## Lentil Soup.

1 lb. lentils or peas.	2 oz. ham.
1 onion.	1 oz. butter.
1 turnip.	2 quarts cold water.
2 carrots.	Pepper and salt.
3 sticks of celery.	1 pint milk.

(Enough for 10 persons.)

Wash the lentils or peas and soak them in cold water all night. Prepare the vegetables and cut them up, also the ham. Strain

the lentils, put them into a saucepan with the vegetables, ham, and butter. Stir over the fire for five or ten minutes, add the water, bring to boiling-point, skim; add salt and pepper. Boil gently for two hours. Rub through a sieve, return to the saucepan, add the milk. Boil for ten minutes.

### Lettuce Soup.

2 lettuces.	2 yolks of eggs.
1 quart stock (delicately flavoured).	1 gill cream.
	Pepper and salt.

*(Enough for 4 or 5 persons.)*

Wash the lettuces, removing outside leaves; cut them in thin shreds, add to the boiling stock. Cook until the lettuces are tender. Add yolks of eggs and cream, and stir until the soup thickens.

### Onion Soup.

4 Spanish onions.	3 pints stock.
2 sticks of celery.	1 oz. fine oatmeal or groats.
3 potatoes.	$\frac{3}{4}$ pint milk.
1 $\frac{1}{2}$ oz. butter.	Seasoning.

*(Enough for 4 or 5 persons.)*

Blanch and cut up the onions, cut up the celery and potatoes, cook them in the butter for five or ten minutes, add boiling stock. Boil gently until the vegetables are tender. Rub through a sieve, add the oatmeal mixed smoothly with cold water. Boil gently for twenty minutes, then add the milk and seasoning.

### Potato Soup.

6 potatoes.	$\frac{3}{4}$ oz. flour.
2 pints stock.	Seasoning.
1 pint milk.	

*(Enough for 6 persons.)*

Bake the potatoes (in their skins), rub the inside through a sieve, put it into a saucepan with the stock, add the milk. Cook for ten minutes, thicken with the flour, season, and serve.

### Tomato Soup.

Tomato sauce (see p. 152).		1 oz. flour or 1½ oz. fine sago.
2 pints stock.		Seasoning.

(Enough for 6 or 7 persons.)

When the stock boils, sprinkle in the sago and cook for twenty minutes. If using flour, mix it smoothly with a little cold water before adding it to the stock. Add the tomato sauce. Boil for ten minutes. Season and serve.

### White Soup.

2 lb. potatoes.		2 quarts boiling water.
2 leeks or small onions.		Salt and pepper.
2 or 3 sticks of celery.		1 pint milk.
2 oz. butter.		A handful of green peas.

(Enough for 10 persons.)

Cut up the vegetables and cook them in the butter for five minutes, add the water. When boiling, skim, add the seasoning. Boil gently till the vegetables are tender, rub through a sieve, return to the saucepan; add the milk, bring to boiling-point, add the peas. Cook for twenty minutes.

### Milk Soup.

Same as above, omitting the peas and adding 1½ oz. sago. ½ lb. of artichokes cut up with the potatoes will be found a great improvement.

### White Vegetable Soup.

3 turnips.		2 pints stock.
3 carrots.		2 pints boiling water.
4 sticks of celery.		1 pint milk.
2 oz. butter.		2 oz. flour.
2 bay-leaves.		Pepper and salt.

(Enough for 10 persons.)

Cut the vegetables into long shreds, cook them in the butter for five minutes, add the bay-leaves, stock and water.

Boil gently until the vegetables are tender. Add the milk and flour and seasoning. Boil gently for five minutes.

### Vermicelli Cream Soup.

2 oz. vermicelli.	1 pint milk.
2 quarts good stock (made from bones and trimmings of cold turkey).	2 yolks of eggs.
	3 tablespoonfuls cream.

*(Enough for 10 persons.)*

Crush the vermicelli, cook in boiling stock until tender, add the milk. When boiling, thicken with the yolks of eggs and cream.

### Hare Soup.

1½ lb. lean beef.	1 onion.
1 hare.	1 clove.
1 oz. flour.	1 stick of celery.
Pepper, salt, and cayenne.	10 peppercorns.
2 oz. lean ham.	1 blade of mace.
Sprig of thyme.	3 teaspoonfuls cornflour.
2 bay-leaves.	½ pint port wine.
2 oz. butter.	1 tablespoonful red currant jelly.
5 quarts water.	

*(Sufficient for 12 or 14 persons.)*

Cut the beef into small pieces, joint the hare, and dip the pieces into the flour, seasoned with pepper, salt, and cayenne. Chop up the ham, tie the herbs together, put the butter into a stewpan. When hot, fry the hare in it, with the herbs and ham, till it is a light brown. Add the water, beef, the onion stuck with the clove, the celery, peppercorns, and mace. Simmer gently for three hours. Strain, and return the liquor to the stewpan. Rub the hare through a sieve, and add it to the liquor. Mix the cornflour with the wine, add it to the soup, also the red currant jelly. Stir well, and simmer gently for a few minutes before serving.

## Oyster Soup.

30 oysters.  
 6 whiting (filleted).  
 1 bay-leaf.  
 1 shallot.  
 2 oz. butter.  
 2 oz. flour.  
 1½ quarts stock.  
 Pepper and salt.  
 ½ pint cream.

*For Quenelles.*

1 oz. butter.  
 1 oz. flour.  
 1 gill stock.  
 1 yolk of egg.  
 Spawn.  
 Pepper and salt.

(Enough for 6 or 7 persons.)

Scald and beard the oysters, cut up eight of the fillets, put the bones from the fish into a saucepan with the bay-leaf, shallots, butter, and beards of oysters. Sauté these for ten minutes, stir in the flour. Add the stock and the chopped-up whiting. Simmer gently for half an hour. Add the liquor from the oysters, and strain all through a sieve. Return to the saucepan, add the cream, oysters, and quenelles, season and re-heat.

*For making Quenelles.*—Make a panada with the butter, flour, and stock; colour with the lobster spawn. Turn this into a mortar, add the yolk of egg and the four fillets of whiting, pound and rub through a sieve. Season. Put this mixture into a forcing-bag with a plain forceer, and force into boiling water, cutting it off into small shapes. Cook for a few minutes, and drain on a cloth.

*To prepare Spawn.*—Wash and pound, and rub through a hair sieve.

## Mock Turtle Soup.

1 carrot.  
 3 sticks of celery.  
 1 turnip.  
 1 onion.  
 2 oz. ham.  
 2 bay-leaves.  
 8 peppercorns.  
 1 clove.

1½ oz. butter.  
 2 oz. flour.  
 2 quarts stock (from calf's head).  
 A few slices from a cooked calf's head.  
 Pepper and salt.  
 Egg-balls.  
 1 gill sherry.

(Sufficient for 10 persons.)

Prepare the vegetables, and chop them up, also the ham. Fry all in butter, with the herbs and spice, for about ten

minutes. Stir in the flour, let it brown, add stock, and bring to boiling-point and skim. Cook for an hour and a half, strain. Cut up the slices of calf's head into small pieces and add to the soup. Season with pepper and salt, boil up, add egg-balls and sherry, and it is ready to serve.

### *Egg-balls.*

2 hard-boiled eggs.

1 yolk raw.

A little flour, pepper, salt, and cayenne.

Rub the hard-boiled eggs through a sieve, mix to a paste with the raw egg, add pepper, salt, and cayenne. Make into balls, using a little flour. Poach in boiling water for a few minutes.

### Mulligatawny Soup.

2 lb. scrag of mutton (cooked).

2 apples.

2 leeks.

2 carrots.

2 turnips.

1 onion.

Bunch of herbs.

2 oz. butter. \*

1 tablespoonful curry-powder.

3 quarts liquor that the mutton was cooked in.

2 tablespoonfuls flour.

2 teaspoonfuls sugar.

Juice of 1 lemon.

Pepper and salt.

*(Enough for 12 or 14 persons.)*

Cut the meat into small pieces, prepare and cut up the apples and vegetables. Fry the vegetables and herbs in the butter, add the apple. Sprinkle over the curry-powder, put on the lid of the saucepan, and cook for a few minutes, slightly shaking the pan to prevent the contents from burning. Add the liquor and the meat. Bring to boiling-point, skim, add the flour (mixed smoothly with a little cold water) and the sugar, simmer gently for an hour and a half. Rub through a sieve, return to the saucepan, add lemon-juice, pepper, and salt. Simmer for five minutes. Serve with boiled rice.

N.B.—If raw meat is used, water can be used instead of liquor, and allow three hours and a half to cook.



## Ox-tail Soup.

1 ox-tail.	2 sticks of celery.
2 tablespoonfuls flour.	1 onion.
Pepper and salt.	1 clove.
2 oz. dripping.	12 peppercorns.
2 quarts water.	1½ tablespoonfuls cornflour.
2 carrots.	A little browning.
2 turnips.	

(Enough for 6 or 7 persons.)

Blanch and dry the tail, cut it into joints, trim off some of the fat. Roll the pieces in flour, seasoned with pepper and salt, and fry them in the dripping. Pour away the fat that remains after frying, put back the tail, add the water and salt. Bring slowly to boiling-point, skim, add the peppercorns, clove, and vegetables, reserving one carrot and turnip. Simmer very gently with the lid on for four hours; strain into a basin, putting back the pieces of tail into the liquor. When cold, remove all the fat before re-heating. Thicken with the cornflour, add the browning and the carrot and turnip. The carrot and turnip should be cut into fancy shapes, and cooked in boiling water with a little salt, before adding them to the soup.

## Aspic Jelly (1).

1 pint jellied chicken stock.	Small piece of carrot, onion, turnip,
½ gill sherry.	and celery.
¼ gill mixed vinegars: tarragon,	½ oz. gelatine.
chilli, malt.	Whites and shells of 2 eggs.
Rind and juice of ½ lemon.	

Remove the fat from the stock, and wipe with a hot cloth. Put into the saucepan, keeping back any sediment there may be, and add all other ingredients, except whites and shells of eggs. Stir over the fire with a whisk until the gelatine has dissolved, then add the white (slightly whisked), and the shells crushed. Whisk vigorously until it comes to the boil;

let it come well up, and then simmer for ten minutes by the side of the fire, with the lid partly on. Strain through a hot tea-cloth.

### Aspic Jelly (2).

1 calf's foot.  
2 pennyworth of giblets.  
2 quarts water.  
1 teaspoonful salt.  
12 peppercorns.  
1 clove.  
1 carrot.  
1 turnip.  
1 shallot.

3 sticks of celery.  
Bunch of herbs.  
Rind and juice of 1 lemon.  
 $\frac{1}{4}$  gill malt vinegar.  
 $\frac{1}{4}$  gill tarragon vinegar.  
1 tablespoonful chilli vinegar.  
1 gill sherry.  
 $\frac{1}{2}$  oz. gelatine.  
Whites and shells of 3 eggs.

Blanch the calf's foot, and cut in pieces. Clean the giblets. Put these, with the calf's foot, into a saucepan, with the water and salt. Bring to boiling-point, skim well, add the vegetables, peppercorns, herbs, and clove. Boil gently for five hours, skimming frequently. Strain through a hair sieve. When cold, remove all fat, put the stock into a saucepan, and if it is not a stiff jelly add the gelatine. Put in the lemon-juice, vinegars, the sherry, the whites of eggs slightly beaten, and the shells broken up. Clear (as in No. 1).

### Clarified Fat.

Cut the fat into small pieces, and put them into a saucepan with enough water to cover. Boil rapidly with the lid on for five or ten minutes to soften and whiten the fat. Remove the lid, and continue the boiling until all the water has evaporated, when the liquid will be clear instead of milky in appearance.

Stir occasionally to prevent the pieces of fat from adhering to the bottom of the saucepan, which causes a good deal of spluttering. Gradually the pieces will render down, leaving little pieces of shrivelled skin and clear oil or fat. Allow this to cool for a few minutes, then strain into a tin.

This fat when cold should be nearly as white as lard, and free from a meaty flavour. It will be found most useful for frying purposes, also for pastry and plain cakes. It is an excellent way of using up superfluous fat or suet.

## CHAPTER II

### FISH

CHOOSE fish which is in season ; it is more wholesome, and has a finer flavour.

Choose very fresh fish, as it soon deteriorates and becomes unwholesome.

When fresh the flesh is firm and a good colour, the eyes bright, and gills red. The skin of haddock, whiting and smelts is silvery, and shiny when fresh. The red spots on plaice are bright and distinct, but gradually fade as the fish becomes stale.

Plenty of scales are a good sign. The smell is one of the best tests.

Fish must be carefully and thoroughly cleaned before cooking. The blood near the backbone must all be removed, and the yellow part near the head ; it has a bitter flavour. The black skin from the inside of eod, haddock, and other fish can be removed by rubbing with salt.

It must not be left in water to soak, as it destroys the flavour and makes the fish sodden.

The fins and tails should be trimmed off, except the fins of turbot, which are considered a delicacy.

White fish is the lightest and most digestible for invalids, especially whiting, soles, and plaice ; in these the fibre is very tender.

Oily fish, such as salmon, herrings, and mackerel, contain more nourishment, but are more difficult to digest.

Fish is highly nitrogenous, and a good brain food. It contains a much higher percentage of water than butcher's meat, and is therefore not such a highly concentrated food.

#### NOTES AND RULES FOR BAKING FISH.

This is one of the nicest ways of cooking fish, as none of the flavour is lost and it is neither rich nor watery. The fish may be first seasoned, coated with egg and crumbs, and baked to resemble fried fish. Or placed on a well-buttered tin, seasoned and covered closely with buttered paper, and baked to resemble steamed or boiled fish. A more delicate way is to place the fish between two buttered plates.

*Rules.*—1. Crumbs to be freshly made, and browned in the oven before using.

2. Well wash and dry the fish.

3. Do not overcook. It can be tested by piercing with a skewer.

#### RULES FOR BOILING FISH.

1. Well clean the fish and weigh it.

2. Have only just enough hot water to cover it.

3. Allow 2 oz. salt and 2 tablespoonfuls vinegar to every gallon of water.

4. Skim well.

5. Cook very gently until tender.

6. Allow six minutes to the pound for cod, haddock, hake, etc., and ten minutes for very large cod, salmon, turbot or halibut. Small fish, such as whiting, from six to ten minutes.

7. Put all fish, except salmon, into hot water, as boiling would crack the skin, and cold would draw the goodness out. Salmon must be put into boiling water to preserve its colour.

8. Drain well and place on a hot dish on a d'oyley with a strainer underneath; garnish with parsley and lemon, and serve with a suitable sauce.

Steaming is a better way of cooking fish; it loses less of its flavour and nourishment.

*For Frying.*—See notes and rules at the beginning of Meat section (p. 45).

### Boiled Cod.

4 lb. cod.	Lemon, parsley.
Water, vinegar, and salt.	$\frac{3}{4}$ pint oyster or caper sauce.

(Enough for 8 persons.)

Well wash the fish, put it into hot water with a little vinegar and salt, bring it to boiling-point. Skim and simmer slowly till tender, allowing ten minutes to the pound and ten minutes over. Drain, put on a hot dish, garnish with parsley and slices of lemon. Serve with oyster or caper sauce.

### Fried Cod Cutlets.

4 cod cutlets.	1 egg.
1 tablespoonful flour.	Breadcrumbs.
Pepper and salt.	Fat for frying.

(Enough for 4 persons.)

Well wash the fish and dry in a cloth. Mix the flour with a little pepper and salt, and roll the fish in it. Beat up the egg, and well brush the fish with it. Roll in breadcrumbs, pressing them well on. Fry in deep fat (which must be smoking hot). When done, drain on kitchen-paper. Serve on a d'oyley, and garnish with fried parsley.

### Cod Cutlets stewed in Milk (1).

6 cod cutlets.	<i>Sauce.</i>
$\frac{1}{2}$ pint milk.	1 oz. butter.
Pepper and salt.	1 oz. flour.
	3 gills milk.

(Enough for 6 persons.)

Spread a tin thickly with butter, put in the cutlets, sprinkle with pepper and salt, and pour the milk over. Put into a moderately hot oven and cook for thirty minutes. Melt the butter in a saucepan, add the flour, mix; add one gill of fresh

milk, and for the rest use the milk the fish was cooked in. Boil for five minutes, and season. Dish the cutlets on a hot dish, strain part of the sauce over, garnish with cut lemon and parsley, and serve the rest of the sauce in a tureen.

### Cod Cutlets stewed in Milk (2).

6 cutlets.	3 gills milk.
1 teaspoonful flour.	$\frac{1}{2}$ teaspoonful chopped parsley.
Pepper and salt.	

*(Enough for 6 persons.)*

Spread a pie-dish thickly with butter, dip each of the cutlets in flour (well seasoned with pepper and salt), and put into the pie-dish. Sprinkle with parsley, and pour the milk over. Put into a moderate oven and cook for half an hour. Send to table in the dish they are cooked in.

### Casserole of Fish.

$1\frac{1}{2}$ lb. potatoes (cooked).	$\frac{3}{4}$ pint tomato sauce.
1 oz. butter.	$\frac{1}{2}$ lb. cold boiled fish.
2 teaspoonfuls milk.	Picked shrimps.
2 eggs.	1 teaspoonful lemon-juice.
Raspings.	Cayenne.

*(Enough for 6 persons.)*

Rub the potatoes through a sieve, put the butter and milk into a saucepan. When hot, put in the potatoes and yolks of eggs; stir over the fire until potatoes are hot and the eggs well cooked. Well butter a cake-tin and sprinkle with raspings, line with potato. Brush over the inside with egg put on to a tin, and bake from twenty to thirty minutes. Separate the skin and bones from the fish and divide into flakes. Put a little tomato sauce into a pan; when hot put in the fish, and leave it to get thoroughly hot through, then add shrimps and lemon-juice. Turn out the case of potato, fill with the fish mixture. Put the rest of the potato into a forcing-bag with a large rose foreer at the end, and

decorate the case. Serve with the rest of the tomato sauce in a tureen.

N.B.—White sauce may be used instead of the tomato.

### Deville's Fish.

2 cutlets of cod (cooked).	½ teaspoonful anchovy essence.
1 oz. butter.	1 teaspoonful mixed mustard.
3 tablespoonfuls breadcrumbs.	2 teaspoonfuls chutney.
2 teaspoonfuls white sauce.	Cayenne, pepper and salt.

Brush the fish all over with warm butter, put the breadcrumbs on a tin in the oven to brown. Mix the sauce, anchovy essence, mustard, chutney and seasoning together, and spread it over the fish. Coat with breadcrumbs. Put on a buttered tin, with some pieces of butter on the top. Bake for fifteen minutes. Garnish with parsley and serve at once.

### Dressed Crab.

1 crab (large).	Lemon-juice.
1½ oz. breadcrumbs.	2 oz. butter.
A little pepper.	.

*(Enough for 5 or 6 persons.)*

Separate the crab, then take out the coral, wash and dry it, and chop very finely. Mix the inside of the crab with the breadcrumbs, pepper, lemon-juice, and butter, make it into a paste, and put in the centre of the shell. Pull the white meat into small pieces with two forks, and put it each side, piled high. Decorate with chopped coral and parsley.

### Fish Balls.

4 oz. cooked fish.	Pepper, salt, cayenne.
4 oz. cooked potato.	½ teaspoonful chopped onion.
½ tablespoonful sauce or ½ egg.	Egg and breadcrumbs.

*(Enough for 6 balls.)*

Break up the fish, mix with it the mashed potato, sauce, onion, and seasoning. Make into a smooth cake on a buttered

plate, divide into six equal portions, roll into balls with floured hands. Brush over with egg, roll in breadcrumbs, pressing these well on. Fry in deep fat until a golden brown, drain on soft paper. Dish on a paper on a hot dish with fried parsley.

### Fish Cakes.

4 oz. cooked potato.	Salt, pepper, cayenne.
$\frac{1}{2}$ lb. cooked fish.	Essence of anchovy.
$\frac{1}{2}$ oz. butter.	1 egg.
$\frac{1}{2}$ tablespoonful milk.	Breadcrumbs.
1 teaspoonful finely chopped onion.	Fat for frying.

*(Enough for 8 or 10 cakes.)*

Pass the potatoes through a sieve, remove skin and bones from the fish, and break it up with two forks. Melt the butter in a saucepan, add the milk, and when it boils put in the potatoes, cayenne, pepper, salt, onion, and anchovy. Beat it over the fire till quite hot, add the fish and yolk of egg, and beat the mixture again till it is cooked. Turn on to a buttered plate, make into a flat cake, leave till cold, then divide into equal portions. Shape into round, flat cakes. Brush over with the beaten-up white of egg, roll in breadcrumbs, pressing them well on. Fry in deep fat until a golden colour, drain on soft paper. Serve on a d'oyley with fried parsley.

### Fish Croquettes.

1 lb. cooked fish.	Pepper, salt, cayenne.
$1\frac{1}{2}$ oz. butter.	1 teaspoonful lemon-juice.
$1\frac{1}{2}$ oz. flour.	1 egg.
$1\frac{1}{2}$ gills milk.	Breadcrumbs.
A few oysters, picked shrimps, or essence of anchovy.	Fat for frying.

*(Enough to make 10 croquettes.)*

Remove skin and bones from the fish, divide it into small pieces with two forks; chop the shrimps. Make a sauce with the butter, flour, and milk. Season well, then add fish,



shrimps, seasoning, and lemon-juice. Mix well, turn on to a buttered plate, divide into equal portions. Make into cork shapes, brush over with egg and crumb, fry in deep fat. Drain on paper. Serve on a d'oyley with fried parsley.

### Fish Mould.

1 Dover sole (filleted).	A little lemon-juice.
1 lobster.	Pepper, salt, cayenne.
A little spawn.	1 pint aspic jelly.
1 oz. butter.	Small cress.
1 oz. flour.	Tarragon or chervil.
1 gill milk or stock.	

*(Enough for 5 or 6 persons.)*

Separate the meat from the lobster, putting on the shell with a little water and a few peppercorns to make the stock. Make a panada with the butter, flour, and stock. Cut up the lobster meat. Pound the spawn, rub it through a hair sieve and mix with the panada. Cook till it turns a rich red, add the lobster, seasoning, and lemon-juice. Spread the fillets with this, roll up, put on to a buttered tin, cover with buttered paper, and bake ten to fifteen minutes. When cold cut into slices. Decorate a mould with a little jelly and cress, put in some slices of fish, more jelly, and so fill up the mould. When set turn out and serve with salad.

### Fish Pie.

Rough puff pastry (same quantity as in recipe (see p. 225).	Lemon-juice.
2 hard-boiled eggs.	Salt, pepper, cayenne.
1 lb. cooked fish.	Nearly $\frac{1}{2}$ pint white sauce.
	Essence of anchovy.

*(Enough for 6 or 7 persons.)*

Line a deep tin plate, 9 inches in diameter, with the pastry, and decorate the edges with leaves made from the trimmings of the pastry. Cut up the hard-boiled eggs into slices, flake up the fish, squeeze over it a little lemon-juice, sprinkle with salt and pepper, put in the centre of the plate.

Mix the anchovy with the sauce, and pour over the fish. Arrange the slices of egg round it, bake for about three-quarters of an hour.

### Fricassee of Fish.

1 lb. cooked fish.	1 teaspoonful lemon-juice.
1 hard-boiled egg.	Parsley.
1 pint white sauce.	

*(Enough for 4 or 5 persons.)*

Divide the fish into flakes, chop the white of the egg, and put the yolk through a sieve. Wash and chop the parsley. Put the white sauce into a stewpan, and when hot put in the fish. Leave until thoroughly hot through, add lemon-juice and parsley. Turn on to a hot dish. Decorate with a border of yolk of egg, and put little heaps of white here and there.

### Baked Finnan Haddock.

1 haddock.  
1 oz. butter.  
Milk.

Soak the haddock in hot water for ten minutes, remove the skin, place on a tin, pour in enough milk to partly cover. Put the butter in little pieces on the top, bake in a good oven for fifteen minutes. Put on a hot dish, pour the milk round, serve at once.

### Baked Haddock (1).

1 haddock.	Flour, pepper, and salt.
1 egg.	1 oz. butter.
Raspings (freshly made).	3 gills anchovy sauce.

*(Enough for 6 or 7 persons.)*

Clean the fish, truss it into the shape of an S, flour, brush over with egg, and roll in the raspings. Spread a tin with the butter, lay the fish in, and bake in a quick oven for twenty or thirty minutes. Serve with anchovy sauce. The haddock may be stuffed with veal stuffing before baking if liked.

## Baked Haddock (2).

Ingredients as in No. 1.

Wash and fillet the haddock, dry well, roll in flour, brush over with egg, and roll in raspings freshly made. Lay the fillets on a buttered tin, the skin side downwards. Put small pieces of butter on the top, and bake from ten to fifteen minutes in a good oven, taking care not to overcook the fish, or it will be dry. Lift on to a hot dish, garnish with parsley and lemon, serve with anchovy sauce.

## Boiled Haddock and Egg Sauce.

1 haddock.	$\frac{3}{4}$ pint egg sauce.
Salt, vinegar.	1 hard-boiled egg.
Hot water.	1 teaspoonful chopped parsley.

(Enough for 7 or 8 persons.)

Well wash the haddock and truss it into the shape of an S, put the salt and vinegar into the water. When hot put in the fish. Bring to boiling-point, skim, and simmer *very* gently till quite tender. Take it out, drain, put on a hot dish, coat with the egg sauce, and decorate with the yolk of egg passed through a sieve, and the chopped parsley.

## Filleted Haddock and Caper Sauce.

1 fresh haddock.	Breadcrumbs.
1 tablespoonful flour.	Fat for frying.
Pepper and salt.	Parsley.
1 egg.	$\frac{1}{2}$ pint caper sauce.

(Enough for 7 or 8 persons.)

Fillet the haddock, cut each fillet in half lengthways, and tie it in a knot. Flour each piece well and dip in beaten egg and breadcrumbs. Put in a frying-basket and fry in deep fat. Drain on kitchen-paper, put on a paper on a hot dish, decorate with fried parsley, and serve with caper sauce.

## Boiled Halibut.

4 lb. halibut.	$\frac{1}{2}$ teaspoonful chopped parsley.
Water, vinegar, salt.	$\frac{1}{2}$ pint Hollandaise or shrimp
1 lemon.	sauce.
1 white of egg (hard-boiled).	

(Enough for 8 persons.)

Well wash the fish, put into hot water with a little vinegar and salt. Bring to boiling-point, skim, simmer very slowly till tender, allowing eight minutes to the pound, and eight minutes over. Drain, put on a hot dish, and garnish with the slices of lemon, decorated with the white of egg and chopped parsley. Serve with sauce.

## Grilled Herrings.

8 fresh herrings.
Maître d'hotel butter (see p. 159), or
$\frac{1}{2}$ pint mustard sauce (see p. 156).

(Enough for 8 persons.)

Well wash and dry the fish, put the grill on a clear fire to get hot, butter the bars, and cook the fish on both sides until done (about ten minutes). Put on a hot dish, put a small piece of the butter on each, or serve with mustard sauce.

## Pickled Herrings.

8 large herrings.	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{2}$ pint vinegar.	pinch of nutmeg.
3 bay-leaves.	$\frac{1}{4}$ teaspoonful mustard.
1 small teaspoonful salt.	

(Enough for 8 or 10 persons.)

Wash and bone the herrings, cut off the heads and tails, cut each in halves. Mix the salt, nutmeg, pepper, and mustard together, and sprinkle a little on each. Roll them up, skin side inwards, and pack them closely in a pie dish.

Pound the roes, mix them with the vinegar and a little seasoning, pour over the fish, adding enough water to cover. Put in the bay-leaves, cover the dish over closely, and bake in the oven for about one hour. When cold put in a china dish with a little parsley on each roll.

### Lobster Moulds.

1 fresh lobster or 1 tin.	Pepper and salt.
1 pint aspic jelly.	Small cress and salad.
$\frac{1}{2}$ gill mayonnaise sauce.	

*(Enough for 7 or 8 dariole moulds.)*

Pour a little jelly into some small mounds. When setting, decorate with cress and the brightest parts of the lobster cut into small pieces. Set with a little more jelly. Whip a little of the jelly until white and stiff, and line the sides of the moulds. Fill in the centre with the rest of the lobster, cut up and mixed with the mayonnaise sauce, seasoning, and two spoonfuls of aspic jelly. Cover with a little of the whipped aspic. When set turn out, and serve with salad and chopped aspic.

### Baked Mackerel.

2 mackerel.	Pepper and salt.
1 oz. butter.	1 yolk of egg.
2 teaspoonfuls chopped parsley.	3 oz. breadcrumbs.
Rind of $\frac{1}{2}$ lemon (grated).	Mustard sauce.
$\frac{1}{2}$ teaspoonful lemon thyme.	

*(Enough for 6 or 7 persons.)*

Clean and split the mackerel down the back, bone them. Spread a Yorkshire pudding tin with half of the butter, put in one mackerel, skin side downwards. Bruise the roes, add parsley, lemon-rind, thyme, pepper, salt, yolk of egg, and 2 oz. of the breadcrumbs. Mix well, spread on the fish in tin, put the other mackerel on top, skin side upwards. Melt the rest of the butter, pour over, and sprinkle with rest of

the breadcrumbs. Bake about twenty minutes. Put on to a hot dish, garnish with parsley, and serve with the sauce.

### Boiled Mackerel.

3 mackerel.

Salt, vinegar.

$\frac{1}{2}$  pint gooseberry sauce (see p. 155).

(Enough for 6 persons.)

Well wash and clean the mackerel, put into a fish-kettle with enough hot water to cover, a little vinegar and salt. Bring just to boiling point, skim, and simmer *very* gently till tender, allowing six minutes to pound, and six minutes over. Drain, put on a hot dish, garnish with parsley, and serve with the sauce.

### Oyster Patties.

$\frac{1}{2}$  lb. puff pastry.

$1\frac{1}{2}$  dozen oysters.

$\frac{1}{2}$  pint milk or liquor.

Pepper, salt, cayenne.

1 oz. butter.

$1\frac{1}{2}$  oz. flour.

2 tablespoonfuls cream.

Lemon-juice.

(Enough for 8 or 10 patties.)

Roll out the pastry to three-eighths of an inch thickness, cut out as many rounds as possible with a two and a half inch cutter, turn over, put on to a baking-sheet, and with a small cutter mark out the centre, taking care to only cut half through. Bake in a quick oven about twenty minutes. When cooked, carefully remove the centre, remove any soft part from the inside, fill with the mixture, replace the top, and serve hot or cold.

*Mixture.*—Scald the oysters in their own liquor, taking care they do not boil. Remove the beard and cut oysters into pieces. Make the liquor up to half a pint with milk. Make a sauce with the butter, flour, and liquor; add seasoning, oysters, cream, and lemon-juice.

## Potato and Fish Pie.

$\frac{1}{2}$ lb. fish.		2 hard-boiled eggs.
Pepper and salt.		$\frac{1}{2}$ pint anchovy sauce.
$1\frac{1}{2}$ lb. mashed potatoes.		

*(Enough for 6 persons.)*

Remove skin and bones from the fish, divide into flakes with two forks, and season. Line a buttered pie-dish with half of the potato, put in a layer of fish, slices of hard-boiled egg, and a little sauce. Put in rest of fish, egg, and sauce, cover over with potato, decorate the edge with a knife, brush over with egg or milk. Bake for half an hour, then serve.

## Boiled Salmon.

4 lb. salmon.		Hollandaise or Tartare sauce.
Boiling water.		Cucumber.
Vinegar and salt.		

*(Enough for 8 or 9 persons.)*

Well wash the fish, put into boiling water with a little vinegar and salt. Bring to boiling-point, skim, and simmer very slowly until tender. For a thick piece, allow eight minutes to the pound, and eight minutes over; for a thin piece, six minutes to the pound, and six minutes over. Drain, put on a hot dish, cut the cucumber into thin slices, arrange a row down the centre of the fish. Decorate the dish with parsley, serve with the cucumber and sauce.

## Salmon Cutlets.

1 lb. cold boiled salmon.		Pepper and salt.
$1\frac{1}{2}$ oz. butter.		1 egg.
$1\frac{1}{2}$ oz. flour.		Breadcrumbs.
$1\frac{1}{2}$ gills milk.		Fat for frying.
1 teaspoonful essence of anchovy.		

*(Enough to make 12 cutlets.)*

Separate the skin and bones from the fish, and tear it in pieces with two forks. Melt the butter in a saucepan, add

the flour, stir until smooth, add milk, and cook over the fire until mixture leaves the sides of the saucepan, stirring all the time. Take off the fire, add the fish and essence of anchovy, pepper and salt. Mix well, turn on to a buttered plate. Make into a flat shape, divide into equal quantities. Leave until cool, then make up into cutlet shapes. Egg and crumb, and fry in deep fat.

### Lobster Cutlets.

Ingredients as for salmon cutlets, leaving out the essence of anchovy, and using a little spawn and 1 lobster (large).

Pound the spawn with  $\frac{1}{2}$  oz. of butter, rub it through a hair sieve. After making the sauce of butter, flour and milk, add the spawn, and cook well over the fire until it turns a rich red colour; add lobster, and finish as in salmon cutlets.

### Mayonnaise of Salmon.

4 lb. salmon.	Chopped parsley.
3 gills mayonnaise sauce.	Salad.
3 gills aspic jelly.	1 cucumber.
1 hard-boiled egg or coral.	

(Enough for 12 or 14 persons.)

Boil the salmon, when cold remove the skin from the upper side, and mask with mayonnaise sauce mixed with three tablespoonfuls of liquid jelly. When set pour a little of the liquid jelly over it. Lift on to the dish it is to be served on. Decorate with the hard-boiled egg or coral and parsley. Cut the cucumber into thin slices and arrange round the dish with a little cress and chopped aspie.



## Salmon Pie.

1½ lb. cooked salmon.	¾ pint milk (barely).
2 tablespoonfuls vinegar (white wine).	Seasoning.
Salt and pepper.	A few raspings.
1½ oz. butter.	1 tablespoonful chopped parsley.
1½ oz. flour.	1 hard-boiled egg.

(Enough for 6 persons.)

Remove all skin and bones from the fish, divide it into flakes, place in an entrée dish, pour the vinegar over, sprinkle with pepper and salt. Make a sauce with the butter, flour and milk, season it, pour over the fish, sprinkle lightly with raspings. Decorate with the white of egg, chopped finely, the yolk passed through a sieve, and the parsley.

## Ramakins of Salmon.

½ lb. cold salmon.	Soufflé cases.
Pepper, salt, cayenne.	1 gill cream.
1 tablespoonful mayonnaise sauce.	Chopped parsley.
	Cress.

(Enough for 7 or 8 cases.)

Separate the skin and bones from the fish, divide into flakes. Mix with the mayonnaise, pepper and salt and cayenne; put a little into each case. Whip the cream till stiff, put into a forcing-bag with a rose forcer, and decorate cases. Sprinkle the centre of each with a little chopped parsley. Garnish with cress.

## Sardines in Batter.

Parsley.	Frying batter, (see p. 189).
1 box sardines.	2 lemons.
Flour, pepper, salt, and cayenne.	

(Enough for 6 persons.)

Well wash and dry some parsley, and fry after the fish is cooked. Drain, and dip the sardines in flour, and then in the

batter, and fry a nice golden brown. Drain on kitchen-paper, and dish on a d'oyley with fried parsley and the lemons; cut in quarters or eighths.

### Savoury Plaice.

1 plaice.	3 oz. breadcrumbs.
1 tablespoonful chopped parsley.	1½ oz. butter.
1 teaspoonful onion (chopped).	Sauce piquante.
Pepper and salt.	

*(Enough for 5 or 6 persons.)*

Well wash and dry the plaice, cut a few transverse slits on each side. Mix the parsley, onion, breadcrumbs, pepper and salt together. Spread a Yorkshire pudding tin with butter, sprinkle over half of the breadcrumb mixture. Put in the plaice, sprinkle over the rest of the breadcrumbs, etc., and put small pieces of butter on the top. Bake from twenty to twenty-five minutes. Serve on a hot dish with piquante sauce.

### Scalloped Fish.

¾ lb. cooked potatoes.	½ pint sauce.
1 oz. butter.	1 teaspoonful anchovy.
1 teaspoonful milk.	Pepper, salt, cayenne.
1 yolk of egg.	Raspings.
1 lb. cooked fish.	

*(Enough for 5 or 6 scallops.)*

Rub the potato through a sieve; put the butter and milk into a saucepan; when hot add potatoes, yolk and seasoning; stir over the fire till hot. Put into a forcing-bag with a large rose forcer at the end. Separate the skin and bones from the fish, divide into flakes; add a little sauce and a teaspoonful of anchovy and seasoning; butter the scallop shells, put in a little of the fish, coat with the sauce, force the potato round. Bake in a quick oven for five or ten minutes; sprinkle a few raspings over.

### Shrimp Patties.

$\frac{1}{2}$  pint pickled shrimps.  
 1 gill white sauce.  
 1 teaspoonful curry paste.  
 Pepper.

Puff paste (sec p. 225),  $\frac{1}{2}$  quantities.  
 Fat for frying.  
 Parsley.

*(Enough for 20 patties.)*

Mix the shrimps with the sauce and curry paste, season with pepper; roll out the pastry very thinly, cut into pieces 3 inches square; moisten the edges, put a little of the mixture on each; fold in a three-cornered shape, press the edges together. Fry in hot fat; garnish with fried parsley.

### Fried Smelts.

1 dozen smelts.  
 Flour, pepper, salt.  
 1 egg.  
 Breadcrumbs.

Fat for frying.  
 2 lemons.  
 Parsley.

*(Enough for 4 persons.)*

Well clean and wash the smelts, dry in a clean cloth; dip in the flour, brush over with egg, dip in breadcrumbs, pressing them well on. Fry in deep fat, drain well on soft paper. Arrange on a dish-paper, and garnish with quarters of lemon and fried parsley.

### Baked Fillets of Sole.

2 soles (Dover or lemon).  
 2 oz. breadcrumbs.  
 Lemon-juice.

Pepper and salt.  
 3 gills anchovy sauce.  
 Maitre d'hotel butter.

*(Enough for 4 persons.)*

Skin and fillet the soles, sprinkle with salt and pepper, squeeze over some lemon-juice, roll up and tie with cotton; put on a buttered tin cover with buttered paper. Cook till tender (about ten minutes). Brown the crumbs in the oven. When fillets are cooked, remove the cotton and roll them in

the crumbs. Put on to a hot dish, with a small piece of maître d'hotel butter on each fillet. Pour the sauce round.

### Sole in Batter.

1 sole.	1 lemon.
1 tablespoonful flour.	Parsley.
Pepper and salt.	Fat for frying.
Frying batter (see p. 189).	

(Enough for 4 or 5 persons.)

Fillet the sole, cut into neat pieces, dip in the flour, then put into the batter and fry in deep fat. Drain on soft paper, dish on a d'oyley, on a hot dish, and garnish with cut lemon and fried parsley.

### Fried Sole Knots.

1 sole.	Fat for frying
Flour, pepper and salt.	Parsley.
1 egg.	$\frac{1}{2}$ pint tomato sauce.
Breadcrumbs.	

(Enough for 8 persons.)

Fillet a sole and cut each fillet in half lengthways; tie each piece in a knot, dip in flour, seasoned with pepper and salt, then coat with egg and breadcrumbs. Fry in a basket in hot fat. Drain on paper, put on a hot dish on laced paper, decorate with fried parsley, and serve with tomato sauce.

### Boiled Turbot.

4 lb. turbot.	$\frac{1}{2}$ teaspoonful chopped parsley
Water, salt, vinegar.	or coral.
1 lemon.	$\frac{1}{2}$ pint shrimp sauce or lobster
1 white of egg.	sauce.

(Enough for 8 persons.)

Well wash the fish and put into a saucepan of hot water, with a little vinegar and salt; bring to boiling-point, and simmer very slowly until tender. For a thick piece allow

eight minutes to the pound, and eight minutes over, and for a thin piece six minutes to the pound, and six minutes over. Cut the lemon into thin slices, put a little white of egg (beaten up) in the centre of each, sprinkle with a little chopped parsley or coral. Drain the fish, put on a hot dish, and garnish with the lemon. Serve with the lobster or shrimp sauce.

### Turbot Pie.

2 lb. turbot.	$\frac{1}{4}$ lb. picked shrimps.
Pepper and salt.	Spawn.
1 pint white sauce.	$\frac{1}{4}$ oz. butter.
2 hard-boiled eggs.	1 tablespoonful chopped parsley.

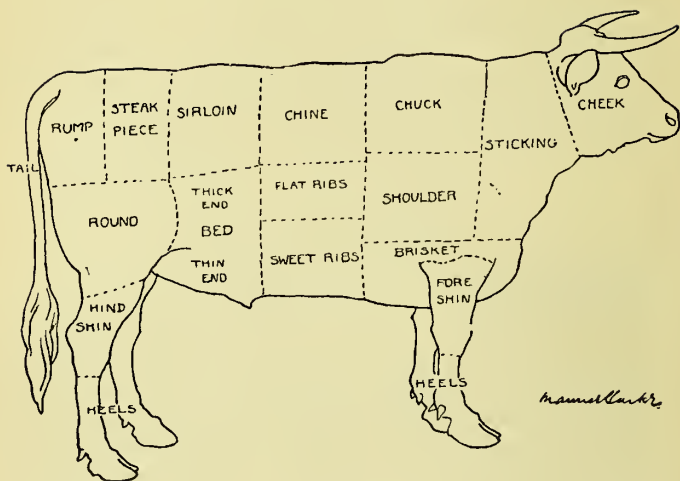
Boil the fish until tender, remove skin and bones, and flake up the fish with two forks; season with pepper and salt, add three tablespoonfuls of the white sauce, the yolks of the eggs cut in slices, and the shrimps. Put this mixture into a pie-dish or entrée-dish. Pound the spawn and butter together, rub them through a sieve, add a little to the sauce, and cook over the fire until it turns a pretty pink colour; pour this over the fish, and put in the oven until thoroughly hot. Chop up the white of egg; decorate the pie with this and the chopped parsley.

### Stewed Turbot.

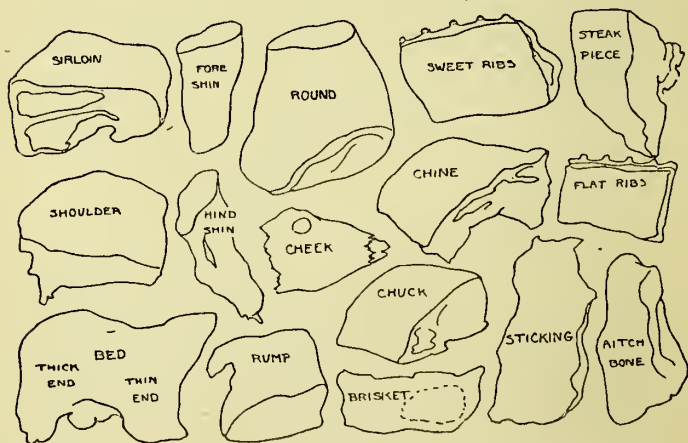
1 lb. turbot.	3 gills stock.
1 oz. butter.	Handful of parsley.
1 oz. flour.	1 gill milk.

*(Enough for 4 or 5 persons.)*

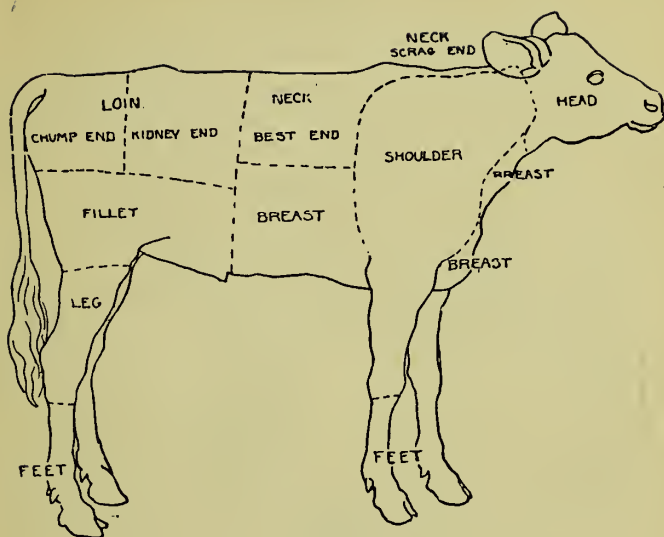
Melt the butter in a saucepan, mix in the flour, then add the stock gradually, stir until boiling; put in the fish in a whole piece or cut into small pieces, add salt and pepper, stew gently for fifteen minutes; add the parsley, picked in little pieces, and then the milk. A little vinegar can be added if liked.



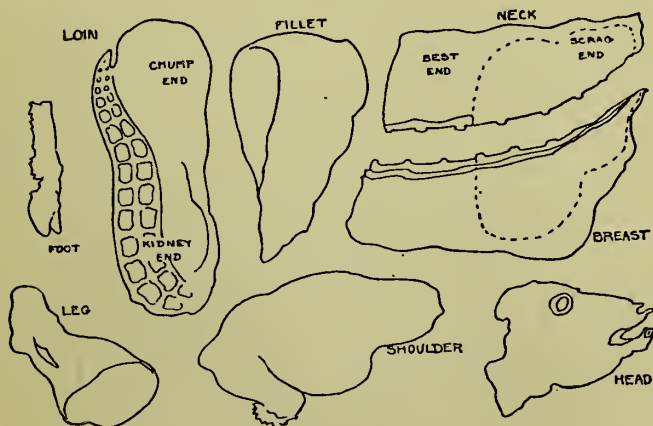
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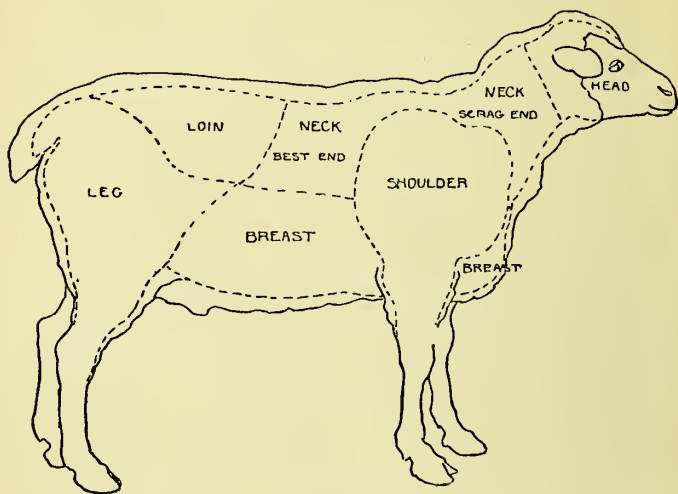
JOINTS OF BEEF.



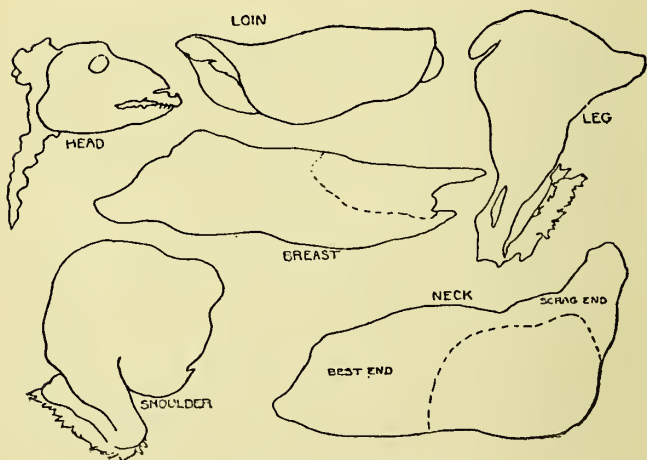
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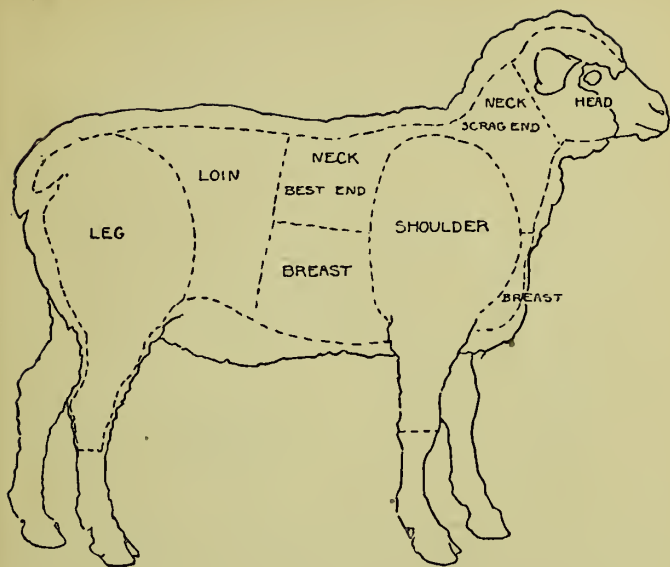


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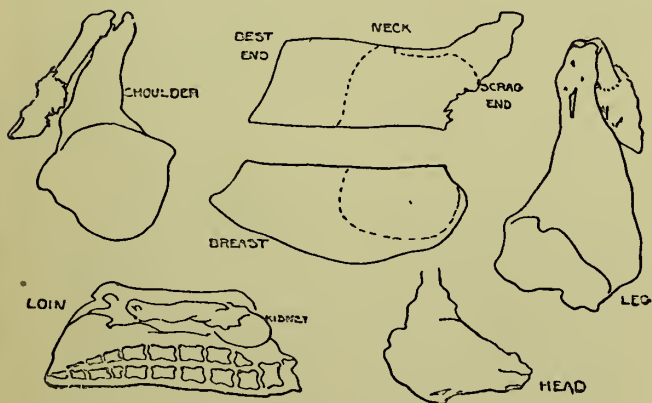


JOINTS OF MUTTON.





LAMB.



JOINTS OF LAMB.

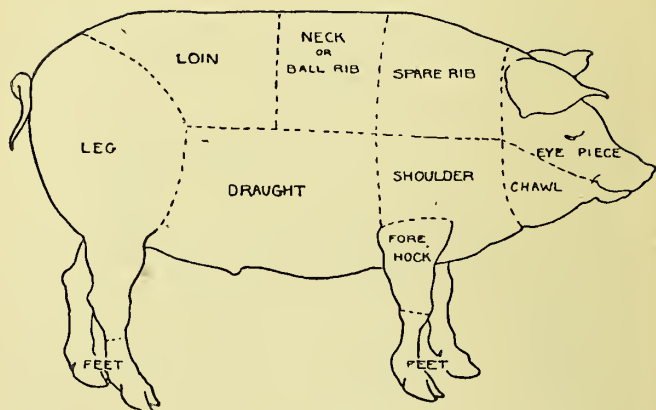
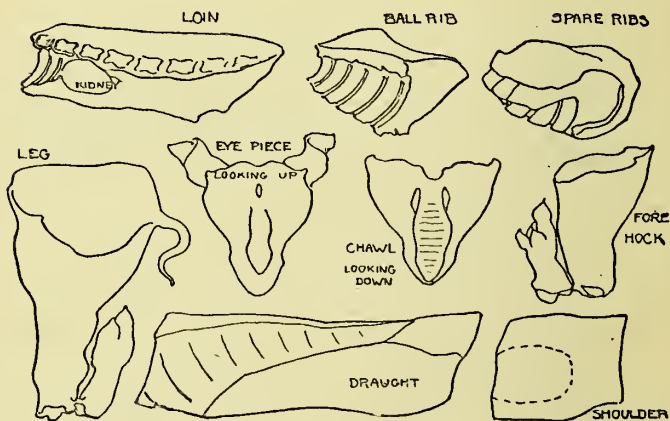


FIG.



JOINTS OF PORK.

## CHAPTER III

### MEAT

#### NOTES AND RULES ON BOILING MEAT.

BOILING is one of the easiest ways of cooking, and the secret of success is in allowing plenty of time and cooking very slowly.

Meat should be fresh. Very fat joints are unsuitable for boiling. The best joints are generally reserved for roasting, while the more gelatinous and sinewy parts are used for boiling. The moist heat softens, and to a great extent dissolves, the gelatine, which dry heat would render hard and indigestible.

Our object is to soften the fibres while retaining all the juices. When meat is put into boiling water, the sudden change to a paler colour shows that the albumen on the surface has coagulated. In this way the outside of the meat is hardened, thus preventing the escape of the red juices.

If cooked at 212° F. (boiling-point) the whole of the albumen in the meat would become hard and leathery, rendering the meat very tough. This is why it is necessary to cook at a lower temperature after the meat is once hardened on the outside. Five minutes is long enough to accomplish this hardening process. After that it should be kept at a temperature of 180° to 200° F., which is known as simmering-point.

In simmering, the water should barely move at one side of the saucepan, and *not gently bubble* all over, as this would register 212°, as in more violent bubbling. There is no better way of showing the reason for this than to take an egg and

see the difference between the tenderness of it when cooked at the different temperatures.

NOTE.—Poultry should be put into *hot*, not *boiling*, water, the fibres, being more delicate than in meat, are easily hardened.

The rules for boiling salted or pickled meat and fish will be found under their respective headings.

### *Rules for boiling Fresh Meat.*

1. Wipe the meat with a damp cloth. If a neck or loin, see that it is well jointed.

2. Weigh it, and allow for beef and mutton a quarter of an hour to the pound, and a quarter of an hour over; for veal and lamb twenty minutes to the pound, and twenty minutes over; for pork twenty-five minutes to the pound, and twenty-five minutes over. For thin joints, such as neck of mutton, breast of veal, etc., this rule will not apply, as the thickness does not increase proportionally with the weight. Allow from two to two and a half hours for any weight over a pound.

3. Put the meat into boiling water with a teaspoonful of salt to every quart.

4. Bring to boiling-point and skim well.

5. Boil for five minutes — this is to harden the outside and keep in the goodness; then add a little cold water, and draw the saucepan to the side of the fire; simmer very gently till done. This is to prevent the albumen or fibrin from hardening.

6. When possible, cook meat in stock. It improves the flavour and enriches the stock. Keep the lid on the saucepan.

7. After skimming add vegetables, which are served with the meat.

8. Coat the meat with sauce before serving, and garnish with the vegetables.

*Rules for boiling Salt Meat.*

1. Salted or pickled meat should be washed before cooking.
2. Allow twenty minutes to the pound, and twenty minutes over for any weight up to 8 or 9 lbs. For larger pieces quarter of an hour to the pound will be found sufficient.
3. Put into warm water.
4. Bring to boiling-point and skim well.
5. Boil for five minutes—this is to harden the outside and keep in the goodness; then add a little cold water and draw the saucepan to the side of the fire, and cook very gently until done. This is to prevent the albumen and fibrin from hardening.
6. After skimming add the vegetables, which are served with the meat.
7. If to be served cold, take out the meat when cooked, put into a pan, and pour over the liquor, leave till nearly cold, then lift on to a dish, and when quite cold glaze.
8. If the liquor is wanted for stock, change the water after the meat has cooked one hour. This prevents the stock from being too salt. In this case the vegetables should not be added till the water has been changed.

## NOTES AND RULES ON FRYING.

Frying is cooking in hot fat. There are two ways of frying, called 'shallow frying' and 'deep frying.'

In *shallow frying* you use a frying-pan and very little fat. This method is suitable for sausages, pancakes, and meats.

In *deep frying* you use a stewpan, and for small things a wire basket will be found a great convenience for lifting them in and out of the fat. Sufficient fat must be used to well cover whatever you are frying. This method is used for croquettes, fish, fritters, etc., and these things must be dished quickly and lightly, or they soon lose their crispness. The inside should be soft and lightly cooked, and the outside a golden brown colour. Oil, lard, or clarified fat may be used,

and this method of frying is not as extravagant as it appears, for the same fat can be used again and again if care be taken not to let it burn.

Success depends largely upon the temperature being right. If there is any water in the fat, it will begin to bubble directly it reaches 212°. After a time the bubbling ceases, and as the fat reaches a higher temperature a faint blue smoke will be seen rising from it. Soon after this the fat begins to smoke a little, and is ready for use. If left on the fire without using it will burn. If in doubt as to the temperature, test by throwing in a small piece of white bread. If it browns quickly the fat is ready.

It is dangerous to leave the fat on an open fire unless there are bars for the pan to rest upon.

#### *Rules for Frying.*

1. Have everything as dry as possible, and coated with flour, batter, or egg and crumbs.
2. Have the fat smoking hot—about 385° F.
3. Drain everything on paper after frying to absorb the fat.
4. After using deep fat, allow it to cool before straining for future use, or the great heat will melt the strainer.
5. Keep the fat used for frying fish for that only.

*To Egg and Crumb.*—Beat up the egg in a soup plate, put the breadcrumbs on a piece of paper. Use a small brush for the egg, and be careful to brush well all over, or the crumbs will not stick. Lift out of the egg with a knife into the middle of the crumbs, and move the paper from side to side until the fish or meat is coated. When the egging and crumbing are finished, wipe the knife, and use it to press the crumbs on firmly to prevent any loose ones from falling into the fat.

*To fry Parsley.*—Choose fresh parsley, wash it, and put in on a sieve to dry; then put it in a frying-basket. Allow the fat to cool after frying the meat, fish, etc., then put in the parsley, and fry until crisp. Do not let it get brown. Drain on paper.

## NOTES AND RULES ON GRILLING.

Grilling is a very convenient way of cooking, it is so quickly done. It is very wholesome and savoury. It is only suitable for small pieces of meat or fish. Only the tender parts of meat should be used, and they must not be too thin. Oily fish are better than white fish for grilling. Double gridirons are very convenient, especially for fish, which is often difficult to turn without breaking.

Avoid sticking a fork or skewer into the meat when turning, as this allows the juices to escape. It is best to use two spoons, or a knife and spoon, or small tongs, for turning when you are using a single gridiron.

The time for cooking depends on the thickness of the meat. A well-grilled chop or steak should be tender and juicy.

*Rules for Grilling.*

1. Have a good clear fire, free from smoke.
2. Trim off a little of the fat, sprinkle the meat with pepper, and brush over the lean with butter. White fish should be well brushed with butter and sprinkled with pepper. Oily fish, such as herrings, do not require butter.
3. Before beginning to cook, let the gridiron get hot; then rub the bars with a piece of suet to prevent the meat from sticking.
4. If there is any choice, put the cut surface towards the fire first—*e.g.*, kidneys.
5. Turn the meat continually.
6. Send to the table as soon as cooked.

## NOTES AND RULES ON ROASTING.

Roasting is nicest when done in front of the fire; it is a very savoury way of cooking meat. Only the best joints are suitable, and they should be well hung; the fibres will then be more tender.

For small joints, or birds, a Dutch oven may be used, placing it on a trivet which has been hung on the bars. The meat must be kept well basted and turned, and the thickest part of the joint should be hung downwards, as the greatest heat comes from the bottom of the fire.

For large joints a jack must be used. This saves turning, for when the jack is wound up the meat is kept revolving. A meat-screen is of great service in retaining and reflecting the heat.

In these days it is more usual to roast meat in the oven. Great care must be taken that the oven is perfectly clean and well ventilated. A double meat-tin should be used, so that water can be placed in the under tin. This will prevent the dripping from browning, and giving a disagreeable flavour to the meat. A well-roasted joint should be brown and crisp on the outside, while the inside should be tender and retain all its juices.

### *Rules for Roasting.*

1. Choose the best joints, tender, fat, and well hung.
2. Have a bright, clear fire.
3. Weigh the meat, and allow for beef and mutton a quarter of an hour to the pound, and a quarter of an hour over; for veal and lamb twenty minutes to the pound, and twenty minutes over; for pork twenty-five minutes to the pound, and twenty-five minutes over. Boned and stuffed meats require a longer time to cook than plain joints.
4. See that the meat is well jointed.
5. Wipe the meat with a damp cloth, and fasten into shape with string. Never use skewers.
6. Hang the thickest part of the joint downwards, the greatest heat being at the bottom of the fire.
7. If meat has been frozen, bring it into the kitchen several hours before cooking, as it should be thawed slowly.
8. Put meat near to the fire at first to close the pores and keep in the juice; then cook more slowly till tender.



9. Baste the joint often ; it prevents the meat from burning and from shrinking so much.

10. Serve with good gravy made in the tin in which the meat was cooked, first pouring off the dripping.

11. Use stock that has been seasoned with pepper and salt *only*, and made with mutton or beef bones or trimmings according to the joint.

12. When roasting a leg or shoulder of mutton, the shank or shoulder should be used for making the stock.

### NOTES AND RULES ON STEAMING AND BRAISING.

Steaming and braising are modes of cooking by steam. It is a most perfect way of cooking, as there is no danger of hardening the meat by too high a temperature. A proper steaming apparatus consists of two vessels, one of which fits into the top of the other and is perforated at the bottom. The under one is for the water, the upper one for the meat, which is cooked by the steam passing up through the holes.

It is quite possible to carry out this mode of cooking by using an ordinary saucepan, and supporting the joint on jam-jars to prevent it from coming in contact with the water. The lid must be fixed on tightly to prevent loss of steam.

In braising, the meat is resting on a bed of vegetables which is covered with stock. This is more savoury than simply steaming, as the meat imbibes the flavour of the vegetables. It is a favourite way of cooking boned and stuffed joints and birds. In a proper braising-pan the lid is indented for the purpose of holding live charcoal, so that the meat is partly roasted while steaming. Much the same result is attained by browning the meat in the oven after it is taken out of the saucepan, and basting with its own liquor.

#### *Rules for Steaming and Braising.*

1. Choose lean joints.
2. Allow fifteen minutes to the pound, and thirty minutes over, for beef and mutton ; allow twenty minutes to the

pound, and thirty minutes over, for veal and lamb; allow thirty minutes to the pound, and thirty minutes over, for pork.

3. In steaming, put the meat in the steamer, fill the under vessel with boiling water, and keep it boiling all the time the meat is cooking

4. In braising, make a bed of vegetables, cover with stock, rest the meat on the top, and cover it with buttered paper.

5. Keep the lid tightly on.

### NOTES AND RULES ON STEWING.

Stewing is cooking very slowly in a small quantity of liquid. By this method the toughest meats may be rendered tender and digestible, and also very savoury. The secret is long, slow cooking.

The process is sometimes confused with boiling, but it is almost the reverse. In boiling we aim at softening the meat while retaining all its juices, and the hot water acts merely as a medium for conveying the heat. In stewing the juices are more or less extracted, and form with the water the liquid in which the meat is softened, and the gravy with which it is served. The meat, being partly cooked in its own juices, is more savoury.

In boiling we plunge the meat into boiling water to close up the pores and keep in the juices. In stewing we use cold or warm liquid, in order to draw out some of the juices before sealing up the pores.

In many cases the meat is lightly fried before stewing; this prevents the loss of so much of the red juice when put into the warm water, it also makes the stew more savoury and a better colour.

In some cases the separation of the juices is the sole object, as in beef-téa, soups and stocks. The meat is finely cut up, in order to expose more of its surface to the water. It is then put into *cold* water, and brought *very* slowly to boiling-point, and stewed until all the juices are extracted; in this case the meat is of no value.

The juices of meat contain a large amount of albumen. Albumen is soluble in cold water, but coagulates in hot water. It is possible to extract the juices from meat without cooking by mincing the meat finely and soaking it in cold water for one or two hours.

*Rules for Stews.*

1. Use warm liquid.
2. Allow  $\frac{3}{4}$  pint of liquid to every pound of meat, and 1 oz. of thickening to every pint of liquid.
3. Keep the stewpan closely covered.
4. Simmer very gently.

Rules for beef-tea and stock will be found elsewhere.

NOTES ON MUTTON CUTLETS AND SMALL MEAT DISHES.

Choose the best end of the neck, do not have it chopped, but have the chine-bone sawn off, so that the cutlets can be easily divided; and if the bones measure more than  $4\frac{1}{2}$  inches, saw a piece off the other side to make them the right length.

It is best to get very small mutton, as there will be less fat.

Divide the cutlets evenly, trim off most of the fat, and scrape an inch of the meat from the end of each cutlet bone. Frills can be put on just before serving if liked.

If nicely trimmed, they will make a dainty entrée. They can be fried, braised, or sautéed, and served with various sauces and vegetables.

For a cold entrée, after cooking they may be set in aspic jelly, then cut out and served with a salad and chopped jelly, or braised and coated with chaudfroid sauce or tomato sauce in which a little aspic jelly or gelatine has been mixed to enable it to set.

The whole of the neck of small mutton or lamb will be found an economical and useful joint from which to get a variety of dishes. *E.g.*, the best end is suitable for cutlets or roasting; the middle for boiling, stewing, or haricot mutton; while the scrag end can be used for an Irish stew or Scotch broth.

The sirloin of beef (a small piece), with the undercut or fillet, may be used as follows :

The undercut or fillet removed, and either braised or cut into fillets and made into an entrée, as directed in 'Fillets of Beef.' The rest of the joint may be roasted as it is, or boned and rolled, and some good soup made with the bones; or the thin end of the meat may be cut off and stewed (if not too fat), or pickled and boiled for a cold luncheon dish.

The ribs or chine of beef is a cheaper joint, and though it has not such a fine flavour as sirloin, it is suitable for many dishes.

A joint of three or four pounds may be used as follows :

Cut off a thick slice, spread with veal stuffing, and roast ; serve with brown sauce. Another portion of it may be used for a pie or pudding, using a little kidney with it, while the rest can be either stewed, jugged, or used for beef olives, or minced and made into a dish of 'Fillets of Beef with Kidney Beans.'

### Boiled Beef (served Cold).

10 lb. rump of beef (pickled).	2 allspice.
1 carrot.	2 cloves.
1 turnip.	20 peppercorns.
1 onion.	1½ oz. gelatine.
1 bunch of herbs.	Glaze.

(Enough for 20 people.)

Well wash the beef, tie in a cloth, put into a saucepan with enough hot water to cover, bring to boiling-point, skim, and simmer gently for one hour. Pour off the water and cover with fresh boiling water. Add the vegetables, herbs, and spice. Simmer gently for about three hours longer. Lift out into a large pan, pour over the liquor, cover and leave till cold, then put on a dish, remove the cloth, and glaze. Strain 1 quart of the liquor, put it into the saucepan with the gelatine, add a teaspoonful of tarragon vinegar, stir over the fire till dissolved, pour into a basin and leave till set. Serve the beef on a dish, garnished with the chopped jelly.

### Boiled Beef (served Hot).

10 lb. pickled silverside or rump of beef.	4 bay-leaves.
10 potatoes.	1 sprig of parsley and thyme.
3 carrots.	3 allspice.
3 turnips.	20 peppercorns.
1 onion.	2 cloves.
1 lb. Brussels sprouts.	1 pint caper sauce.

*(Enough for 20 people.)*

Well wash the beef, tie in a cloth, put into enough hot water to cover, bring to boiling-point. Skim, simmer gently for one hour; pour off the water, and cover with fresh boiling water. Add the onion stuck with the cloves, the herbs, allspice, and peppercorns; simmer gently for three hours longer. Prepare the vegetables and tie them up separately in pieces of muslin, and add them as follows: Allow two hours for the carrots, one hour for the turnips, half hour for the potatoes, and fifteen minutes for the Brussels sprouts. Make the caper sauce (see p. 148), using  $\frac{1}{2}$  pint of the liquor in which the beef has boiled, instead of all milk, and, if liked, the yolks of two eggs may be added, giving the sauce a nicer colour. Put the beef on to a hot dish, coat with a little of the sauce, serving the remainder in a tureen. Garnish with the vegetables.

### Hot Galantine of Beef.

1½ lb. beefsteak.	1 teaspoonful anchovy sauce.
¼ or ½ lb. ham.	1 egg.
3 tablespoonfuls breadcrumbs.	1 tablespoonful flour.
¼ teaspoonful thyme and mar- joram.	1½ pints stock.
1 teaspoonful salt.	A little browning.
¼ teaspoonful pepper.	2 teaspoonfuls red currant jelly.
2 tablespoonfuls gravy.	1 tablespoonful port wine (if liked).

*(Enough for 8 persons.)*

Mince the beef and ham, and mix with them the bread-crumbs, thyme and marjoram parsley, pepper, salt, anchovy

sauce, gravy, and yolk of egg; form into a roll, brush over with white of egg, and roll in breadcrumbs (these are not included in the 3 tablespoonfuls). Fry in deep fat, put  $\frac{1}{2}$  oz. of butter into a saucepan, stir in the flour, let it brown, add the stock, bring to boiling-point, add browning if necessary. Put in the roll, cover the pan tightly, and simmer slowly for one hour and a quarter. Add the jelly and wine, put the roll on to a hot dish, strain a little of the gravy round, and pour the rest into a tureen.

### Beef à la Mode.

1 cow-heel.  
3 lb. shin of beef.  
1 Spanish onion.  
3 or 4 carrots.  
3 or 4 turnips.  
Bunch of herbs.

2 quarts water.  
Pepper and salt.  
 $1\frac{1}{2}$  oz. dripping.  
2 oz. flour.  
Suet dumpling (see recipe for  
Suet Crust, p. 226).

(Enough for 10 persons.)

Cut the cow-heel into four pieces, cut up the beef, prepare the vegetables and cut into quarters. Fry the beef in the dripping with the herbs. When brown take out the meat and mix the flour into the dripping, let it brown. Add 1 pint of the water and stir till boiling. Then add the rest of the water, the beef, cow-heel, vegetables, and seasoning. Stew slowly in a saucepan with a closely-fitting lid four hours. Half an hour before serving put in the dumplings.

### Roast Sirloin of Beef.

Sirloin of beef.  
Dripping.

$\frac{3}{4}$  pint stock.  
Horseradish sauce.

Wipe the meat, remove suet, weigh, and allow a quarter of an hour to the pound, and a quarter of an hour over (see rules). Place the meat on a *dry* meat-tin (on a trivet if there is one), the right side up, pour some boiling water in the under tin, put into a hot oven for ten minutes; then open the oven door and cook gently until done, basting often, adding some dripping

if there is not enough from meat. Turn the meat so that the undercut will get properly cooked. When the meat is done lift it on to a hot dish, pour off the dripping into a jar containing a little cold water, keeping back the gravy and brown particles; put the tin (single tin only) over the fire, sprinkle in a little pepper and salt, add the stock (boiling), and stir over the fire until boiling, mixing in the brown particles from sides of the tin. Pour a little round the meat, and serve the rest in, a tureen. Serve with horseradish sauce or cranberry sauce.

### Beef Roll.

6 oz. ham.	1 egg.
1½ lb. steak.	1 gill stock.
¼ lb. breadcrumbs.	2 hard-boiled eggs.
1 teaspoonful chopped parsley.	Glaze.
Pepper and salt.	Meat jelly.

*(Enough for 11 or 12 persons.)*

Cut the ham and steak up finely, add the breadcrumbs, parsley, pepper and salt; mix these well together, add the egg, well beaten, and the stock. Turn on to a board, flatten it out with a knife, and arrange the hard-boiled egg (cut in pieces lengthways) on the top; make carefully into a roll, tie in a cloth. Simmer gently for an hour and a half in the stockpot. Untie, and tie up again firmly; press till cold. Glaze, cut off the ends, and serve with chopped meat jelly.

### Beef Olives.

1¼ lb. lean steak.	1 gill tomato sauce.
Veal stuffing No. 2 (half-quantities), see p. 158.	Border of potato or rice.
¾ pint brown sauce.	1 cauliflower, or 1 lb. Brussels sprouts.

*(Enough for 6 or 7 persons.)*

Cut the meat into eight slices, spread each with the force-meat, roll up and tie with fine string, fry lightly; then put them into a saucepan with the sauces, and simmer gently until tender, about an hour and a half. Make the potato into a border



on a hot dish, remove the string from the olives, and arrange them in a circle on the potato. Divide the cauliflower into pieces and arrange in the centre. Skim the sauce and strain it round.

N.B.—Veal olives may be made by this recipe, using fillet of veal.

### Spiced Beef.

10 lb. silverside (pickled according to recipe (see p. 290).  
1 carrot.  
1 turnip.

1 onion.  
1 pint aspic jelly (see p. 18).  
Glaze (see p. 157).

*(Enough for 20 persons.)*

Well wash the beef, tie in a cloth, and put into a saucepan with enough hot water to cover. Simmer gently one hour. Pour off the water and cover with fresh boiling water. Add the vegetables, simmer very gently for three hours. Take out the meat, tie it in a clean cloth, and put it to press between two dishes, with a weight on the top. When quite cold glaze and garnish with chopped aspic jelly.

### Beefsteak and Kidney Pie.

1½ lb. beefsteak.  
¼ lb. kidney.  
Small piece of onion.  
1 gill stock.

Seasoning of flour, pepper, and salt.  
1 egg.  
½ lb. rough puff pastry (½ lb. flour,  
¼ lb. butter).

*(Enough for 6 or 7 persons.)*

Beat the steak well with a rolling-pin, cut it into strips about 4 by 2 inches, cut the fat and kidney into small pieces, mix the pepper, salt and flour together, dip the pieces of steak into it, put a piece of fat and kidney on each, roll up, and place in a pie-dish. When the dish is half full put in the onion and stock, fill up the dish. Roll out the pastry, cut some thick strips, brush the edge of the dish with egg, and lay them on neatly, joining them with egg. Roll out the pastry a little thinner, and cut out the top, egg the top of the strip, and cover over the pie. Trim and work up the edges, brush



over with egg, cut a large hole in the centre, decorate with trimmings of pastry, bake in a good oven for about two hours. Serve with a tureen of gravy.

### Beefsteak and Onions.

1½ lb. beefsteak.	Pepper and salt.
3 Spanish onions.	3 gills stock.
2 oz. butter or dripping.	A little browning if necessary.
1 tablespoonful flour.	

*(Enough for 6 or 7 persons.)*

Beat the steak well with a rolling-pin, skin and slice the onions thinly, put the butter or dripping into a frying-pan; when hot put in the onions, sprinkle with pepper and salt, cover with a plate, and leave on the stove to cook for about twenty minutes. Take off the plate and let the onions brown, stirring them about. Put on to a hot plate. Mix flour, pepper and salt together, coat the meat on both sides, and fry lightly. Take out, put rest of flour into the pan, let it brown, add stock, let it boil well, and if not a good colour add a little browning. Put the steak on to a hot dish, strain the gravy over, and put the onions round the dish. Serve at once.

### Beefsteak Pudding.

6 oz. steak.	Paste :
1½ oz. kidney.	¼ lb. flour.
Seasoning of pepper, salt, and flour.	Salt.
Small piece of onion.	¼ teaspoonful baking-powder.
¼ pint stock or water.	1½ oz. suet.
	½ gill water.

*(Enough for 3 persons.)*

Cut the steak into strips, and the kidney, and any trimmings of fat from the steak, into small pieces. Beat the steak well to soften the fibres. Dip each piece of steak into the seasoned flour, put a piece of fat and kidney on each piece, and roll up. Add the baking powder and salt to the flour, mix, then add the suet chopped finely; mix, make into a stiff

paste with the water, turn on to a floured board, roll out, line a buttered basin with this crust. Put in half of the meat, add the stock and piece of onion; fill the basin with the rest of the meat, trim the pastry round the edge of the basin. Roll out these trimmings, and cover over the top, having slightly moistened the edges, to make them adhere. Cover with buttered paper, tie a pudding-cloth over, and put into boiling water. Boil for four hours. Turn on to a hot dish, serve with a tureen of good gravy.

### Calf's Feet Fricassee.

4 calf's feet.	Juice of 2 lemons.
1 small onion (chopped).	Pepper.
1½ pints liquor in which the feet were boiled.	Salt.
4 yolks of eggs or 2 whole eggs.	2 teaspoonfuls chopped parsley.

(Enough for 5 or 6 people.)

Simmer the feet for four or five hours, remove the large bones, put the feet into a saucepan with the onion and one pint of the liquor, salt and pepper to taste. Cook gently for half an hour. Add the eggs well beaten and mixed with the remaining half-pint of liquor. Stir until the eggs are cooked, but do not boil. Take off the fire, add the lemon-juice and parsley. Serve on a hot dish.

N.B.—This is a good way of using the calf's feet after making calf's foot jelly.

### Calf's Head with Brown Sauce.

1 calf's head.	Glaze.
20 peppercorns.	2 teaspoonfuls chopped parsley.
Salt.	1 pint brown sauce.
Bunch of herbs.	Brain balls.
¾ lb. ham.	

Soak the head all night in cold water, take out the brains, clean the head, tie it in a cloth, and simmer for two hours in water or stock, adding the peppercorns, salt and herbs.

Remove the tongue and bones, put them back into the saucepan; roll up the head, tie in a cloth, and put into the saucepan to cook until tender. The total time depends on the size of the head, and varies from two and a half to four hours. Cut the ham into thin slices, trim, roll up and thread on a skewer, and bake for ten or fifteen minutes. Skin the tongue, brush it over with glaze; also the rolled head, and put them into the oven for a few minutes.

*To Dish up.*—Place the head and tongue on a hot dish, sprinkle with chopped parsley, pour round a little of the brown sauce, and garnish with brain balls and the ham.

### *Brain Balls.*

Calf's brains.	$\frac{1}{2}$ teaspoonful salt.
Stock.	$\frac{1}{4}$ teaspoonful pepper.
1 oz. butter.	1 egg.
1 teaspoonful chopped parsley.	A little mace.
A pinch of chopped lemon-rind.	4 oz. breadcrumbs.

(Enough for 12 balls.)

Well wash the brains, tie them in muslin, and cook in stock for ten minutes. Chop them up, mix with 2 oz. of the crumbs, add seasoning and parsley. Mix with the yolk of the egg, divide into equal portions, make into balls; whip up the white of the egg, brush over the balls, roll well in breadcrumbs; fry in deep fat, drain on kitchen-paper. Serve with a calf's head.

### **Calf's Head with Egg Sauce.**

1 calf's head.	1 pint egg sauce (see p. 149).
1 bunch of herbs.	1 lemon.
Salt and peppercorns.	Sprigs of parsley.
$\frac{3}{4}$ lb. ham.	

Prepare and cook the head as in last recipe. Cut the ham in thin slices, trim, roll up and thread on a skewer, boil in the saucepan with the head for the last half-hour.

*To Dish up.*—Skin the tongue, place it on a hot dish with the head, coat with the egg sauce; garnish with the ham, brain balls, sections of lemon, and a few sprigs of parsley.

### Calf's Head Pie.

$\frac{1}{2}$ calf's head.	3 hard-boiled eggs.
12 peppercorns.	1 lb. cooked ham.
1 teaspoonful salt.	6 sheets of gelatine.
1 carrot.	$\frac{1}{2}$ lb. short crust.
1 turnip.	1 pint aspic jelly.
$\frac{1}{2}$ onion.	

Prepare the head and cook for three hours, as in last recipes. When tender remove the bones and put them back into the saucepan, and leave them to stew for one or two hours. Skin the tongue, cut it in slices, also the head. Butter a deep pie-dish and decorate with the egg and some of the lean of the ham, cutting it into diamonds or fancy shapes; cut the rest of the ham into neat pieces. Now arrange the meat, remainder of ham and eggs in the dish in layers, until the dish is quite full. Pour in enough of the liquor to fill three-quarters of the dish, first dissolving in it the gelatine. Cover the dish with the crust, and bake for about one hour. When nearly cold fill up with stock. When cold and set take off the crust carefully, put it on to a dish top side up, turn the contents of the pie on to the crust, taking care not to break it. If the meat adheres too firmly to the dish, dip it into hot water, as you would a jelly. Garnish with the aspic jelly, chopped up. Serve with lemon salad.

N.B.—The aspic jelly may be made from the remainder of the liquor that the head has been boiled in.

### Calf's Head (Stuffed).

1 calf's head.	Salt.
3 oz. suet (chopped).	1 egg.
$\frac{1}{2}$ lb. breadcrumbs.	2 slices of ham.
1 tablespoonful chopped parsley.	1 pint brain sauce.
1 lemon-rind (grated).	1 hard-boiled egg.
1 teaspoonful chopped herbs.	1 lemon.
Pepper.	

Soak the head all night, clean well, take out the brains, put them in salt and water. Tie the head in a cloth and cook in

stock for two hours. Make a stuffing with the suet, bread-crumbs, parsley, lemon-rind, herbs, pepper and salt, and the egg. Take out the head, untie, remove all the bones, and put them back into the stock; skin the tongue, lay half of the forcemeat on each side of the head, cover over with a thin rasher of ham; put the head together again, tie up in the cloth, and put back into the stock to simmer for another hour. Chop the white of the egg, pass the yolk through a sieve, cut up the lemon. Dish up the head, removing cloth and string; coat with brain sauce, garnish with the egg and lemon and a little chopped parsley. Serve with the rest of the sauce in a turcen.

N.B.—The broth should be made into mock turtle soup.

### Cornish Fasties.

6 oz. steak.

1 potato.

1 teaspoonful chopped onion.

$\frac{1}{4}$  teaspoonful pepper.

$\frac{1}{2}$  teaspoonful salt.

2 teaspoonfuls water.

A little milk.

Pastry :

$\frac{1}{2}$  lb. flour.

1 teaspoonful baking-powder.

Pinch of salt.

3 oz. clarified fat.

1 gill water (nearly).

*(Enough for 7 or 8 pasties.)*

Cut the potato and meat into dice, mix with the onion, season with pepper and salt, and add two teaspoonfuls of water. Make a crust with the flour, baking-powder, salt, fat and water. Roll out thinly and cut into seven or eight rounds. Put a spoonful of the mixture into the centre of each round, brush round the edges with a little milk, fold the edges together on the top and make a frill of them. Brush over with egg or milk, and bake in a quick oven at first, and then moderate, for twenty or thirty minutes. Dish on a folded serviette or paper.

### NOTES ON CURRIES.

Curries are made in perfection in India, the herbs and spices being picked fresh and pounded, thus making a more

delicious dish than is possible by using dry curry-powder. They can be made either of meat, fish, vegetables, or hard-boiled eggs. It is also a good way of using up cooked meat, but fresh meat is preferable. The meat should be cut into small squares, poultry into small joints.

For white curry use white meat, such as veal, chicken, or rabbit, with almond or cocoanut milk, or cream, to keep it a pale colour, the onions and meat being *sautéd*, not fried.

For brown curries fry the onions and meat, and use brown stock. After the meat is *sautéd*, or fried, the flour, curry-powder, paste, and chutney are mixed together and sprinkled over the meat. The lid is put on the saucepan, which is moved slowly backwards and forwards over the fire to keep the contents from burning whilst the flavour is being absorbed by the meat. Lemon-juice is added to keep it a good colour, and a small quantity of acid fruit. The acid acts on the fibres of the meat, rendering it more tender. A tomato improves the flavour of a cold meat curry.

Curries require long, slow cooking, that all the flavours may be well blended. After the curry is all prepared, put it into an earthenware jar, casserole or gourmand, and place it on the top of the stove or in the oven, that it may cook gently without the risk of burning.

Boiled rice is always served with a curry, either handed separately on a folded napkin or forming a border round the dish on which the curry is served. It is essential to use good curry-powder. Veerasawmy's curry-powder, paste and chutney will be found excellent.

### *Rules for Curries.*

1. Chop the onions finely.
2. Fry the onions in butter for a brown curry. *Sauté* them for a white curry.
3. Cut the meat into square pieces, rabbits and chickens into very small joints, and fry or *sauté* it.

4. Mix the chutney, flour, curry-paste and powder together, and sprinkle them over the meat ; add lemon-juice. Put on the lid of the saucepan, and move it slowly backwards and forwards over the fire for a few minutes.

5. Add the stock, stir until boiling, skim.

6. Put it into a casserole or gourmand, and cook slowly for two or three hours.

7. Add the almond milk, season, and serve with rice.

### Curried Veal (Brown Curry).

1 apple.	1 teaspoonful chutney.
1 Spanish onion.	$\frac{1}{2}$ lemon.
$1\frac{1}{2}$ lb. veal.	1 pint brown stock.
2 oz. butter.	A little tomato sauce.
1 tablespoonful flour.	$\frac{1}{2}$ teaspoonful sugar.
1 tablespoonful curry-powder.	$\frac{1}{2}$ teaspoonful salt.
1 tablespoonful curry-paste.	Boiled rice.

*(Enough for 6 or 7 persons.)*

Peel, core, and chop the apple, and chop the onion finely, cut the meat into small pieces. Fry the onion in the butter, strain it from the butter, put the butter back into the pan and fry the meat in it, put back the onion. Mix the flour, curry-powder, paste and chutney together and sprinkle them over the meat, add lemon-juice. Put on the lid, and cook over a slow fire for a few minutes, moving the saucepan to prevent the contents from burning. Add the stock and tomato sauce, apples, sugar, and seasoning. Put on the lid, and simmer gently for one and a half hours. Skim well, pile the meat in the centre of dish, pour over the sauce, and serve with boiled rice



## Curried Veal (White).

1 Spanish onion.	1 tablespoonful curry-powder.
1 apple.	1 tablespoonful curry-paste.
2 oz. almonds or freshly grated cocoanut.	1 teaspoonful chutney.
$\frac{1}{2}$ pint milk or water.	$\frac{1}{2}$ lemon.
$1\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ pint white stock.
2 oz. butter.	$\frac{1}{2}$ teaspoonful sugar.
1 tablespoonful flour.	$\frac{1}{2}$ teaspoonful salt.
	Boiled rice.

*(Enough for 6 or 7 persons.)*

Skin and chop onion finely, peel, core, and chop the apple. Blanch and pound the almonds, put them into a saucepan with the milk or water. Bring to boiling-point, strain. Cut up the meat into small pieces. Cook the onion, without browning it, in the butter, strain it from the butter. Put butter back into saucepan, and cook the meat in the same way ; put back the onion. Mix the flour, curry-powder, paste, and chutney together, and sprinkle them over the meat, add the lemon-juice. Put on the lid, and cook over a slow fire for a few minutes, moving the saucepan to prevent the contents from browning. Add stock, almond-milk, apples, sugar, and seasoning. Put on the lid, and simmer gently for an hour and a half. Pile the meat in the centre of dish, pour over the sauce, and serve with boiled rice.

## Dutch Sweetbreads.

1 lb. veal.	Pinch of nutmeg
2 oz. beef suet.	Pepper.
$\frac{1}{4}$ lb. stale bread.	Salt.
$\frac{1}{2}$ gill stock.	Juice and rind of $\frac{1}{4}$ lemon.
1 egg.	$\frac{1}{2}$ pint gravy.

Pass the veal and suet through a mincing-machine twice. Soak the bread in the stock and beat up with a fork ; add the yolk of egg, veal, nutmeg, pepper and salt, lemon rind and juice. Mix well together, form into oval shapes. Brush



with egg, cover with breadcrumbs. Stew in gravy for twenty minutes.

*Gravy*.— $\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  oz. butter,  $\frac{1}{2}$  pint stock, 1 table-spoonful sherry.

### Fillets of Beef with French Beans.

1 lb. lean beef or trimmings from beef fillet.	1 yolk of egg.
1 teaspoonful chopped parsley.	$1\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ teaspoonful chopped onion.	$\frac{1}{2}$ lb. mashed potato.
$\frac{1}{2}$ teaspoonful savoury herbs.	$\frac{1}{2}$ lb. French beans.
Salt, pepper, cayenne.	1 gill brown sauce
Pinch of nutmeg.	1 gill tomato sauce } mixed

(Enough for 10 fillets.)

Mince the meat, mix with it the parsley, onion, herbs, and seasoning of salt, pepper, cayenne, and nutmeg. Bind together with the yolk of egg, shape into ten fillets. Dredge with flour and fry in the butter. Arrange the fillets in a circle on a border of mashed potato. Serve the beans in the centre, and pour the sauces round. The beans should be cut into diamond shapes and cooked in boiling water until tender.

### Fillets of Beef with Tomatoes.

$1\frac{1}{2}$ lb. fillet of beef.	$\frac{1}{2}$ pint stock.
3 tomatoes.	2 teaspoonfuls flour.
$1\frac{1}{2}$ oz. butter.	Pepper and salt.
6 oz. mashed potatoes.	

(Enough for 6 persons.)

Cut the beef into neat fillets, and a small round of fat for each, sprinkle with pepper. Slice the tomatoes thickly, and put as many slices as you have fillets in the oven on a buttered tin; cook for a few minutes. Arrange the potato as a border down the centre of a small dish, put in the oven to keep hot. Fry the pieces of fat in the butter until well cooked, then fry the fillets lightly on both sides. Arrange them on the potato, putting a small piece of tomato and fat between each.

*To make the Sauce.*—Fry the tomato trimmings in the pan, mix in the flour; when brown add stock. Cook well for a few minutes, and strain round the fillets.

### Fillets of Veal.

1½ lbs. fillet of veal.  
1 tablespoonful flour.  
Pepper and salt.  
1 egg.  
Breadcrumbs.  
6 oz. bacon.  
1½ oz. butter.

½ pint stock.  
1 gill tomato sauce.  
1 teaspoonful lemon-juice.  
1 lb. of mashed potato.  
Force meat balls (see p. 158),  
½ quantities.

(Enough for 6 or 7 persons.)

Cut the meat into neat fillets, dip in the flour seasoned with pepper and salt, brush over with egg, and roll in breadcrumbs. Cut the bacon into thin slices, roll up, thread on a skewer, and cook in the oven. Fry the fillets in the butter, turning them once; when cooked put them on to a hot plate. Put rest of flour into the frying-pan, let it brown, add stock, boil for five minutes, add tomato sauce and lemon-juice. Make a circle of potato on a hot dish, arrange the fillets on it. Fill the centre with force meat balls and the rolls of bacon. Strain the gravy round.

### Baked Ham.

1 ham (14 lb.).  
1½ lb. flour.

¼ lb. dripping.  
Raspings.

Saw off the knuckle-bone, and soak the ham for twelve hours in cold water. Scrape well, and trim off any rancid fat from the outside. Simmer it for one hour, and lift it out on to a meat-tin. Mix the flour to a stiff paste and cover over the ham, letting it come well over the sides. Put water in the under tin, and bake the ham in a moderate oven for three hours, basting frequently. Take off the crust, remove the skin, sprinkle with raspings, and leave until cold. Put it on a clean dish, put a frill round the knuckle, garnish with parsley.

## Boiled Ham.

Prepare the ham as in previous recipe. Put it on a cloth skin side upwards, and tie the corners of the cloth together on the top. Put it into cold water, bring to boiling-point, skim. Cook gently for three hours. Leave it in the water until nearly cold. Take it out, remove the cloth, and skin. Sprinkle well with freshly-made raspings. When quite cold lift on to a clean dish, put a frill round the knuckle, and garnish with parsley.

## Haricot Mutton.

1 lb. neck of mutton.	1 onion.
1 oz. dripping.	$\frac{3}{4}$ oz. flour.
1 turnip.	$\frac{3}{4}$ pint stock or water.
1 carrot.	Pepper and salt.

(Enough for 3 people.)

Cut the meat into pieces, dip in flour, and fry in the dripping. Take out the meat, mix in the flour, let it brown a little. Add the stock or water, put back the meat, bring to boiling-point, skim. Prepare the vegetables, cut them in dice, add to the stew. Season, and simmer very gently for two hours and a half. Put the meat round a hot dish, strain the gravy over, turn the vegetables into the centre.

## Kidneys and Bacon.

3 kidneys.	Pepper and salt.
2 teaspoonfuls flour.	4 rashers of bacon.

Skin the kidneys, remove the core, and split them length ways down the side opposite the core without dividing them. Dip in flour seasoned with pepper and salt. Trim the bacon, and fry it in a *hot* frying-pan; when it is nearly cooked put in the kidneys, the cut side downwards. Fry lightly; they should be slightly underdone. Put them in the centre of a hot vegetable-dish with the bacon round and a little of the liquor. Serve at once,

## Kidneys and Onions.

2 sheep's kidneys.		1 small Spanish onion.
$\frac{1}{2}$ oz. butter.		Pepper and salt.
2 small rashers of bacon.		

*(Enough for 1 or 2 persons.)*

Skin the kidneys, which should not be split. Melt the butter in a saucepan, and when hot fry the bacon in it; then put in the kidneys, the onion finely chopped, and seasoning. Put on the lid, put a weight on top, and stand by the side of the fire for about twenty minutes till the kidneys are just cooked. Turn on to a hot plate and serve at once.

## Irish Stew.

2 lb. potatoes.		$\frac{1}{2}$ pint water or stock.
1 Spanish onion.		Pepper and salt.
3 lb. scrag of mutton.		

*(Enough for 7 or 8 persons.)*

Peel and cut up the potatoes into halves, skin and cut up onion. Remove any superfluous fat from the meat, and cut into small pieces. Put it into a saucepan, pour over the water or stock. Put in half of the onion, sprinkle with pepper and salt; put in potatoes and rest of the onion, sprinkle with more pepper and salt. Put on the lid, and simmer very gently for an hour and a half. It must not be stirred. Serve on a hot dish.

## Lamb's Fry.

Lamb's fry.		Pineh of thyme and marjoram.
1 tablespoonful flour.		1 egg.
Pepper and salt.		Breadcrumbs.
6 oz. bacon.		3 gills stock.

*(Enough for 5 persons.)*

Wipe the sweetbreads and liver in a clean cloth. Mix the flour with the pepper and salt, roll the sweetbreads in it, brush them over with egg, roll in breadcrumbs. Cut the

bacon into thin slices and fry in a frying-pan, take out and put on to a hot dish. Fry the sweetbreads next, cooking them gently until tender. Take them out, add the herbs to the flour, dip in the pieces of liver, and fry them on both sides, turning once. Take out, put the rest of flour into a pan; when brown add the stock gradually, boil for five minutes. Put the liver in the centre of a hot dish, strain a little gravy over, put the sweetbreads round, and garnish with the fried bacon. Serve rest of gravy in a tureen.

### Lamb Stew.

1½ lb. scrag of lamb.	Salt.
1 pint stock.	2 lb. green peas.
1 teaspoonful chopped onion.	1 tablespoonful chopped mint.
Pepper.	1 tablespoonful flour.

*(Enough for 4 or 5 people.)*

Cut up the meat into neat pieces, put into a saucepan with the stock (which should be warm), the onion, pepper and salt. Simmer gently for half an hour. Put in the peas and mint, and simmer gently for one hour longer. Mix the flour smoothly with a little water, add to it the stew. Make the suet crust, roll it out thinly, cut it into rounds or fancy shapes with a cutter, drop into boiling water, and cook for about twenty minutes. Dish up the stew, and garnish with the suet crust. Take 2 oz. flour, 1 oz. suet.

### Fried Liver and Bacon.

1 lb. calf's liver.	¼ teaspoonful thyme and mar-
6 oz. bacon.	joram.
1½ tablespoonfuls flour.	3 gills stock.
Pepper and salt.	Browning.

*(Enough for 5 or 6 people.)*

Well wash the liver, dry in a clean cloth, and cut it in slices. Cut the bacon in thin slices, trim, and fry in a frying-pan; take out on to a hot plate. Dip the pieces of liver in

the flour seasoned with salt, pepper, thyme, and marjoram, and fry in the bacon fat, turning it once; take out. Put the rest of the flour in the frying-pan, brown it, add stock gradually. Boil for five minutes. Add a little browning if necessary. Put the liver in the middle of a hot dish, strain over a little of the gravy, and put the bacon round. Serve with rest of gravy in a tureen.

### Stewed Liver and Bacon.

1 lb. liver.	1 teaspoonful dried sage.
6 oz. bacon.	1 pint stock (hot).
2 onions.	Pepper and salt.
$\frac{3}{4}$ oz. flour.	

*(Enough for 4 persons.)*

Wash and dry the liver, cut it in pieces. Cut and trim the bacon, fry it in a saucepan. Take it out, and fry the onion, which should be cut in thin slices. Take out the onion and mix in the flour. Let it brown a little, then add the stock gradually, mixing smoothly. Put in the liver, bacon, sage, and seasoning, simmer gently for one hour, serve very hot.

### Macaroni with Tomato Sauce.

$\frac{1}{4}$ lb. Naples macaroni.	$\frac{1}{2}$ pint tomato sauce (see p. 152).
$\frac{1}{4}$ lb. ham or tongue.	Pepper and salt.
1 oz. butter.	A few raspings.

*(Enough for 6 or 7 persons.)*

Break the macaroni into pieces about  $1\frac{1}{2}$  inches long, put into boiling water with a little salt, cook gently for twenty minutes. Cut up the tongue into strips, put butter into a saucepan and melt, strain the macaroni and add to the butter. Mix well, add tongue and tomato sauce, and season with pepper and salt. Turn into a buttered pie-dish, sprinkle with raspings, bake for ten minutes, serve very hot.

## Stuffed Marrow.

1 marrow.	Pepper and salt.
$\frac{1}{4}$ lb. meat (cooked).	1 egg.
Small piece of crumb of bread.	2 teaspoonfuls flour.
$1\frac{3}{4}$ pints stock.	Browning.

(Enough for 5 persons.)

Cut off the ends of the marrow, scoop out the seeds, peel it thinly, mince the meat. Cover the bread with 1 gill of boiling stock. When soaked beat it up with a fork and add it to the meat. Season well, and mix all together with the egg well beaten. Stuff the marrow with this, tie in a cloth, and put into a saucepan with the rest of the stock (boiling). Simmer gently until tender, take out the marrow, put it into a hot vegetable or entrée dish, thickening the stock with flour. Boil for five minutes, add a little browning, strain a little over the marrow, and serve the rest in a tureen.

## Grilled Mutton Chops.

Loin chops.  
Pepper.  
Maitre d'hôtel butter (see p. 159).

Trim off some of the fat, brush over the lean with butter, sprinkle with pepper. Heat the gridiron over a clean fire, rub the bars with a piece of suet, put on the chops, and keep them well turned until they feel fairly firm—from seven to ten minutes. Put them on a hot dish with some maitre d'hôtel butter on each, and serve at once.

## Mutton Chops and Mashed Potato.

7 neck chops.	Mashed potato.
Flour, pepper and salt.	$\frac{1}{2}$ pint good thick gravy.
1 egg.	1 gill tomato sauce.
Breadcrumbs.	

Trim a little of the fat from the chops, roll them in flour seasoned with pepper and salt, egg and crumb, and fry lightly.

Arrange the potato in the centre of a hot dish in a pyramid shape, arrange the chops against it. Put the gravy and sauce into the frying-pan when boiling, pour a little on the dish, and serve the rest in a tureen.

### Mutton Cutlets.

Best end neck of mutton.

Breadcrumbs.

1 egg.

2 oz. dripping.

Border of potato.

1 gill brown sauce.

$\frac{1}{2}$  gill tomato sauce.

$\frac{1}{4}$  lb. kidney beans or peas

Cut and trim the cutlets, egg and crumb them. Put the dripping in a frying-pan, and when hot fry the cutlets in it, turning them once. Dish in a circle on a border of potato, fill the centre with peas or beans. Put the brown and tomato sauce into the frying-pan, when hot pour round the cutlets. Serve at once.

### Boiled Neck of Mutton.

3 lb. middle of the neck.

2 carrots.

2 turnips.

1 onion.

1 stick of celery.

2 quarts stock.

2 teaspoonfuls chopped parsley.

2 teaspoonfuls raspings.

1 pint white sauce.

*(Enough for 6 persons.)*

Wipe the meat, see that it is properly jointed, and cut off any dark parts or superfluous fat. Prepare the vegetables, cut the carrots and turnips in quarters. When the stock boils put in the mutton, boil for five minutes, skim well, add the vegetables, simmer very gently for two hours. Lift it on to a hot dish, coat with white sauce made with  $\frac{1}{2}$  pint of the stock instead of all milk, decorate with raspings and chopped parsley, and garnish with the vegetables. Serve with the rest of the sauce in a tureen.

N.B.—Use the stock in which the mutton was cooked for making Scotch broth.



## Steamed Leg of Mutton.

Leg of mutton (8 lb.).	1 stick of celery.
2 carrots.	1 pint caper sauce (see p. 148).
2 turnips.	Parsley.
1 onion.	

*(Sufficient for 14 persons.)*

Wipe the meat with a damp cloth, cut off the shank-bone; prepare the vegetables, cut the carrot and turnip in quarters. If using a steamer, put the mutton in the upper vessel with the vegetables, and fill the under vessel with boiling water, and keep it boiling until the meat is done. The lid of steamer must be kept tightly on. Cook the meat for two and a half hours (see rules on steaming). When cooked lift out on to a hot dish, coat with sauce, garnish with the carrots and turnips and little pieces of parsley. Serve with the rest of the sauce in a tureen.

N.B.—If you have no steamer, rest the leg on four jam-jars of an equal height (right side up), pour in enough boiling water to come three parts up the jars, put in the vegetables, cover closely. If the lid is not a good fitting one put a folded cloth round the top of saucepan before putting on lid. Let the water boil all the time, adding more if necessary. Care must be taken that the saucepan does not boil dry.

## Mutton Stew.

1 lb. neck of mutton (scrag end).	6 small potatoes.
1 oz. dripping.	1 small onion.
1 tablespoonful ketchup.	$\frac{3}{4}$ pint hot water.
1 teaspoonful vinegar.	Pepper and salt.
	1 oz. flour.

*(Enough for 3 people.)*

Cut the meat in pieces and fry in the dripping, strain off the fat, add ketchup, vinegar, onion, potatoes (cut in quarters), and hot water. Let it come to boiling-point, skim, and simmer gently for two hours. Mix the flour smoothly, add to the stew, season with pepper and salt, cook for five minutes longer, and serve.

## Pigs' Feet.

Pigs' feet (in salt a week). | Frying batter No. 1 (see p. 139).

### *Sauce.*

2 oz. butter.		1 gill water.
2 oz. flour.		1 tablespoonful sugar.
$\frac{1}{2}$ pint milk.		$\frac{1}{2}$ gill vinegar.

(Enough for 3 persons.)

Boil the feet for two hours, cut them through, and dry in a cloth. Dip in flour, then in the batter, fry in a frying-pan, and serve with the sauce made with the above ingredients.

*To make the Sauce.*—Melt the butter in a saucepan, mix in the flour until quite smooth, add the milk and water, stir over the fire until boiling, cook for five minutes, then add the sugar and vinegar.

## Roast Pork (Sparerib).

1 sparerib.		$\frac{1}{2}$ pint stock.
Sage stuffing (see p. 153).		Apple sauce (see p. 154).
$\frac{1}{2}$ pint brown sauce (see p. 151).		

Make a slit in the thick part of the joint and stuff with sage stuffing. Sew up securely, hang the meat on a jack, putting the thickest end downwards, put in front of a good clear fire, and baste frequently. Allow twenty-five minutes to the pound, and twenty minutes over. When cooked put the meat on to a hot dish, pour off the dripping from tin, sprinkle the tin with pepper and salt, add the stock boiling, stir over the fire for a few minutes, add the brown sauce. When boiling pour a little round the meat, and put the rest into a tureen. Serve with apple sauce and green vegetables.

N.B.—In roasting a leg of pork, see that it is well scored before cooking. The stuffing should be cooked in a pie-dish separately, a little being cooked in the tin with meat to season it.

## Sausages and Mashed Potato.

1½ lb. potato (cooked).	1 lb sausages.
1 oz. butter.	½ oz. flour.
2 teaspoonfuls milk.	3 gills stock.
1 yolk of egg.	Pepper and salt.
1 oz. butter or dripping.	

(Enough for 4 or 5 persons.)

Rub the potatoes through a sieve, put the butter and milk into a saucepan. When hot put in the potatoes and egg, stir over the fire till hot. Put the butter or dripping into a frying-pan, and the sausages which you have pricked. Fry till a crisp brown, moving them so that they brown evenly. Take out the sausages, put them on to a hot plate. Put the flour into the frying-pan, let it brown, then add the stock gradually. Let it boil for five minutes, season well. If necessary, add a little browning. Put the potatoes in the centre of a hot dish, put the sausages round, strain a little gravy over them, serve the rest in a tureen.

## Sausage Rolls.

1 lb. sausages.
½ lb. puff or rough puff pastry.
1 egg.

(Enough for 16 rolls.)

Skin the sausages, divide into sixteen, and make into long shapes. Roll the pastry into a square shape and cut into sixteen squares. Put a roll of sausage on each. Brush one edge of pastry with egg, fold the pastry over, letting the fold come on the top. Put on a flat baking-sheet, brush over with egg, and bake for about twenty minutes.

## Sham Duck.

1 lb. sausages or sausage-meat.	Apple sauce (see p. 154).
Sage stuffing (see p. 158).	Good gravy.

Remove the skin from the sausages, add the stuffing, put it in a buttered pic-dish, cover, and bake for three hours, taking

the cover off just before serving. Serve with apple sauce and good gravy.

### Sham Fowl.

1 lb. sausages.		Bread sauce (see p. 154).
Veal stuffing (see p. 158).		Good gravy.

Prepare the same as for Sham Duck.

### Grilled Steak.

1 steak.		Ketehup and Harvey sauce.
Butter.		Maître d'hôtel butter (see p. 159).
Pepper.		Chip potatoes.

Brush the steak with butter, and sprinkle with pepper. Heat the grill over a clear fire, rub the bars with a piece of suet. Put on the steak, keep it well turned until fairly firm—from about ten to twelve minutes. Put it on to a hot dish, pour over a little ketchup and Harvey sauce, and put some maître d'hotel butter on the top. Garnish with chip potatoes. Serve at once.

### Stewed Steak.

1 lb. beefsteak.		$\frac{3}{4}$ pint hot water or stock.
1 oz. dripping.		1 tablespoonful sago.
$\frac{3}{4}$ oz. flour.		Pepper and salt.

(Enough for 5 or 6 persons.)

Cut the steak into strips, dip in the seasoned flour, and fry in the dripping. Take the meat out of the saucepan, put in the flour, mix smoothly with the dripping; let it brown, then add the stock. Put back the meat, add the sago, pepper and salt. Bring to boiling-point, skim, let it simmer very slowly from two to three hours. Turn on to a hot dish and serve at once. Half a pint of shelled peas may be used instead of the sago.

## Stuffed and Stewed Steak.

1½ lb. steak.	1 gill tomato sauce.
Veal stuffing (see p. 158).	Browning if necessary.
Stock to cover.	Seasoning.
2 teaspoonfuls flour.	

*(Enough for 6 persons.)*

Beat the steak well with a rolling-pin, spread with veal stuffing, and roll up; tie firmly with string, and put into warm stock. Bring to boiling-point, skim, and simmer very gently for two hours. Pour off a little of the stock, thicken the rest with the flour, let it boil for five minutes; add the tomato sauce, seasoning, and a little browning. Take out the steak, untie it, put on a hot dish, and strain the sauce round.

## Stuffed Sheep's Heart.

1 sheep's heart.	2 oz. dripping.
Veal stuffing (see p. 158),	1 tablespoonful flour.
½ quantities.	¾ pint good gravy.

*(Enough for 2 people.)*

Soak the heart in warm water, clean and dry it, stuff with the forcemeat, sew it up. Put the dripping into a saucepan; when hot roll the heart in the flour and fry it in the dripping. Put on the lid of saucepan, place it over the fire, and roast gently for three-quarters of an hour, basting from time to time. Pour off the dripping, add some good thickened gravy, and stew the heart for ten or fifteen minutes. Put it on to a hot dish, take out the string, pour a little gravy round, serve the rest in a tureen.

## Little Cases of Sweetbread.

1 sweetbread.	1½ gills béchamel sauce (see p. 152)
½ pint stock.	Salt, pepper, and cayenne.
12 button mushrooms.	1 teaspoonful lemon-juice.
2 oz. tongue (cooked).	2 yolks of egg.
12 pastry cases.	1 teaspoonful chopped parsley.

*(Enough for 12 cases.)*

Blanch the sweetbread, and braise it in the stock with the mushrooms until tender. Press between two plates, then cut

into pieces. Cut the tongue into neat pieces and mushrooms into quarters. Put cases to warm. Put the sauce into a saucepan; when hot add sweetbread, tongue, seasoning, lemon-juice, mushrooms. Stir over the fire until thoroughly hot through, add the yolks. Fill the cases, sprinkle a little parsley on each, and serve at once.

### Boiled Ox-tongue.

1 ox-tongue.	2 sticks of celery.
1 carrot.	Glaze.
1 turnip.	Reform sauce (see p. 151).
1 onion.	

*(Enough for 8 or 9 persons.)*

Wash the tongue in cold water, put it in a saucepan with enough warm water to cover. Bring to boiling-point, skim, add vegetables. Simmer gently from three to four hours. Take it out, skin and trim the root. Put it on a tin, brush over with glaze, and put in the oven for a few minutes. Serve with Reform sauce.

N.B.—If the tongue is to be eaten cold, after taking it out of the saucepan, it should be put on a board and fixed in a straight position. When cold glaze, and serve with aspic or meat jelly.

### Boiled Veal and Broth.

2 oz. pearl barley.	$\frac{1}{2}$ Spanish onion.
2 quarts water.	Pepper and salt.
2 lb. breast of veal.	$\frac{3}{4}$ pint parsley sauce (see
1 teaspoonful salt.	p. 150).
2 carrots.	2 teaspoonfuls chopped parsley.
2 turnips.	

Put the barley into a saucepan, add the cold water, bring to boiling-point, and put in the meat. Bring to boiling-point, skim, and add a teaspoonful of salt. Simmer gently for half an hour. Prepare the vegetables, cut one carrot and turnip into quarters, and the other carrot and turnip into dice, put

into the saucepan with the onion. Cook for an hour and a half. Take out the meat and remove the bones. Pour the parsley sauce over, and garnish with quarters of carrot and turnip. Season the broth, add the chopped parsley, and serve.

### Veal and Ham Pie.

1 lb. veal.	1 tablespoonful water.
$\frac{1}{4}$ lb. ham.	Raised piecrust (see p. 226).
1 teaspoonful salt.	1 egg.
1 small teaspoonful pepper.	

Pass the veal and ham through a mincing-machine, season with the pepper and salt, add the water. Cut off a small piece of the crust for the top of pie, mould the rest into a basin shape. Fill with the meat, moisten the edges of pastry with egg, roll out the piece for the top, cover over, trim edges, make a hole in the top, brush over with egg, and if there are any trimmings use them to decorate with. Bake for about an hour and a half.

N.B.—Pork pie may be made from this recipe, using pork instead of veal and ham.

### Veal Mould.

1½ lb. veal (fillet).	Seasoning of mace, pepper, salt,
6 oz. ham.	and cayenne.
1 quart stock.	$\frac{1}{4}$ oz. gelatine.
3 hard-boiled eggs.	Lemon salad (see p. 133).
$\frac{1}{2}$ teaspoonful grated lemon-rind.	

(Enough for 7 or 8 people.)

Cut up the veal and ham into small pieces, put any trimmings there may be into a saucepan with the stock, and stew for an hour or longer. Decorate a quart mould with the egg cut in pieces and the pinkest part of the ham. Mix the seasoning with the lemon-rind. Fill the mould with layers of veal, ham, egg, and seasoning. Pour in sufficient stock to cover the meat. Tie over some buttered paper, put a plate

and a weight on the top, and bake for three hours. Add the gelatine to the rest of the stock, remove the paper, and pour into the mould till it is full. When cold turn out, and serve with lemon salad.

### Veal or Chicken Quenelles.

$\frac{1}{2}$ lb. veal or chicken.	Cayenne, salt, pepper, lemon-
$\frac{1}{2}$ oz. butter.	juice.
$\frac{1}{2}$ oz. flour.	Potato border or rice.
$\frac{1}{2}$ gill stock.	White sauce (see p. 148).
Yolk of 1 egg.	Peas or beans.

(Enough for 7 quenelles.)

Pass the meat twice through a mincing-machine. Make a panada with the butter, flour, and stock, put into a mortar with the meat and egg. Pound well, rub through a sieve, season, make into shapes with two dessert-spoons. Put into a buttered *sauté*-pan, pour in enough hot stock to nearly cover. Cover with buttered paper, and poach for about fifteen minutes. Drain on a cloth, dish on a border of potato or rice, cover with white sauce. Fill the centre with peas or beans.

### Veal Stew.

1 lb. veal.	1 carrot.
$\frac{1}{4}$ lb. bacon.	$\frac{1}{2}$ onion.
1 oz. flour.	Pepper and salt.
$\frac{3}{4}$ pint hot water or stock.	

(Enough for 3 or 4 people.)

Cut the veal into pieces, also the bacon. Fry the bacon lightly in a stewpan, then the veal. Put a little more fat into the stewpan if necessary, and mix in the flour; let it brown. Add water gradually, put in the veal and bacon, bring to boiling-point, skim. Cut the carrot into pieces and add it to the stew with the onion season. Simmer gently for about two hours and a half.



## Stuffed and Braised Breast of Veal.

1 breast of veal (7 lb.).	2 sticks of celery.
Veal stuffing (see p. 158).	1 lb. bacon or ham.
2 oz. dripping.	1½ lb. tomatoes.
2 quarts stock.	1 teaspoonful vinegar.
1 carrot.	½ teaspoonful sugar.
1 turnip.	Pepper, salt.
1 onion.	½ pint brown sauce (see p. 151).

*(Sufficient for 14 or 15 persons.)*

Bone the veal, spread over the forcemeat, roll and sew up. Put the dripping into a saucepan, when hot fry the meat all over to a good colour. Take out the meat, pour off the dripping, and wipe out the saucepan. Put in the bones from the veal, the stock, and vegetables, rest the meat on the top, cover the saucepan closely, cook for two hours. Take it out, put it in a meat-tin, pour over a little of the stock. Put in the oven to cook for twenty minutes, basting often. Strain the stock, put it back into the saucepan, and boil very rapidly with lid off, skimming off as much fat as possible. Cut the bacon into thin slices, trim, and thread on a skewer, bake in the oven with veal for ten minutes. Put the tomatoes into a buttered pie-dish with a teaspoonful of vinegar, sprinkle with pepper and salt and a teaspoonful of sugar. Bake for ten minutes in a hot oven. When the stock has reduced to about 1 pint dish up the meat, remove string, pour over half of the glaze, put the rest with the brown sauce, and serve in a tureen. Garnish the meat with the rolls of ham and tomatoes.

## Stuffed and Roast Fillet of Veal.

7 lbs. fillet of veal.	¼ pint tomato sauce (see
Veal stuffing (see p. 158).	p. 152).
1 lb. bacon or ham.	½ pint stock.
½ pint brown sauce (see p. 151).	1 lemon.

*(Sufficient for 18 or 20 persons.)*

Remove the bone from the fillet, if not already done at the butcher's and stuff with the forcemeat. Sew a piece of fat or

skin from veal over each side. Truss firmly into shape, put on a meat-tin spread with dripping, put into a very hot oven for the first ten minutes, then open the oven door and cook gently until done, allowing twenty minutes to the pound, and twenty minutes over. Baste often. Cut the bacon or ham into thin slices, trim and roll up, thread these rolls on a skewer, and put into the oven with the veal for the last ten minutes. Dish up the veal, remove pieces of fat and string, pour off the dripping from tin, leaving the gravy and brown particles; mix a little flour into this, place the tin over the fire, stir until flour has browned a little, then add the stock, the brown and tomato sauce, let it boil up. Pour a little round the meat, garnish with the rolls of bacon and lemon cut in slices. Serve with potatoes and green vegetables of some kind, or a lemon salad.

### Vol-au-Vent.

$\frac{1}{2}$ lb. cutlet of veal.	Pepper, salt, cayenne.
Lemon-juice.	2 oz. ham (cooked).
1 oz. butter.	A few quenelles ( $\frac{1}{2}$ quantities
1 oz. flour.	of recipe (see p. 80).
$\frac{1}{2}$ pint milk or stock.	$\frac{3}{4}$ lb. puff pastry (see p. 225).

(Enough for 7 or 8 persons.)

Cut the veal into small pieces, squeeze over a little lemon-juice, *sauté* in 1 oz. of butter for five or ten minutes. Take out the meat, put on to a plate, mix the flour into the butter in the saucepan, add milk or stock. Cook well, season, put back the meat, and simmer until tender. Add the ham cut into strips, and the quenelles (which should be made very small, with teaspoons instead of dessert-spoons). Put the mixture into the case, replace the top, and serve. Make the case as for oyster patties, only using a large cutter.

## CHAPTER IV

### COLD MEAT COOKERY

IN this section will be found many excellent ways of using up cold meat and producing very savoury dishes.

As warmed-up meat has less flavour than freshly-cooked meat, good gravy or stock should be used, and special care taken in seasoning. There is often some jellied gravy under the dripping, which is the essence of meat, and may be used to advantage. Trimmings of game, poultry, pickled beef, ham and tongue will also assist. Herbs, essence of anchovy, and mace may be used in small quantities.

Uncooked flavourings, such as onion, tomato, and mushrooms, must be cooked before mixing with the meat.

The most important point to remember is that the meat is already *cooked*, and only needs rewarming.

*Underdone* meat is preferable for cold meat cookery.

For Scotch eggs, rissoles, croquettes and minces the meat is passed through a mincing-machine or chopped very finely, and then mixed with a sauce made of butter, flour and stock, or good gravy. This sauce must be well cooked before adding it to the meat.

Rissoles and croquettes should be moist and creamy inside, to effect which it is necessary to add enough sauce to make the mixture to the right consistency while hot, then to allow it to cool, when it will become firm enough to shape. On reheating the sauce is liquefied, producing the creaminess we desire.

For a hash the meat should be added to the sauce an hour or more before serving, in order that it may become well flavoured and softened, taking care it does not boil. It is safer to use a double saucepan or bain-marie, or stew-jar placed in boiling water.

Poached eggs are a nice garnish for minces, especially those made of veal. Borders of rice and macaroni may also be used.

#### RULES FOR WARMING UP COOKED MEAT

1. Trim away any gristle and most of the fat.
2. Use good gravy or stock.
3. Season well.
4. Cook raw vegetables, such as onion, mushroom, etc., in a little butter before adding them to the meat.
5. Only reheat the meat; do not cook it again.
6. For a hash, mince, or curry use a double saucepan or bain-marie after the meat is added, and let it remain in the sauce for an hour or so before serving.
7. For croquettes, etc., put the meat mixture on to a plate, make it into a flat cake, and leave until cold, then divide into equal portions and shape.
8. When vermicelli is used for coating, crush it finely.
9. For a mince, *chop* the meat in preference to passing it through a mincing-machine.

To egg and crumb, see 'Rules on Frying,' also 'How to fry Parsley.'

#### Foundation Sauce for Cold Meat Cookery.

Flavouring of onion, shallot,		Flour.
mushroom, etc.		Stock or good gravy.
Butter.		Pepper and salt.

Chop the onion, shallot, or mushrooms, and cook in the butter. Stir in the flour, add the stock, cook for a few minutes, take off the fire and use as directed.

## Beef Rolls.

$\frac{1}{2}$  lb. cooked meat (6 oz. salt beef  
and 2 oz. tongue).  
 $\frac{1}{2}$  teaspoonful essence of anchovy  
or 1 tablespoonful tomato sauce.  
 1 egg.  
 Short crust No. 1 (see p. 226).

*Sauce.*

$\frac{3}{4}$  oz. butter.  
 $\frac{3}{4}$  oz. flour.  
 $\frac{3}{4}$  gill stock or gravy.  
 Cayenne, salt, and pepper.

(Enough for 10 rolls.)

Pass the meat through a mincing-machine or chop it finely. Make the sauce as in Recipe (see p. 84), add the essence of anchovy or tomato sauce and the meat. Turn on to a plate, divide into ten portions, make into rolls. Beat up the egg. Roll out the pastry thinly, cut it into ten squares, put a roll of meat on each, fold over, joining the edges with egg. Put on to a buttered baking-sheet, brush over with egg. Bake for twenty minutes.

## Croquettes of Meat.

$\frac{1}{2}$  lb. cooked meat.  
 Pinch of sweet herbs.  
 1 egg.  
 6 tablespoonfuls breadcrumbs.  
 Fat for frying.  
 A few sprigs of parsley.

*Sauce.*

$\frac{1}{2}$  shallot.  
 $\frac{3}{4}$  oz. butter.  
 $\frac{3}{4}$  oz. flour.  
 $\frac{3}{4}$  gill stock.  
 Pepper and salt.

(Enough for 8 croquettes.)

Chop the meat finely or pass it through a mincing-machine. Make the sauce as in Recipe (see p. 84). Add the meat and herbs, mix well. When cool divide into eight portions, make into cork shapes, egg and crumb. Fry in deep fat. Fry the parsley. Dish on a d'oyley, garnish with fried parsley.

### Curry of Cold Meat.

1 lb. meat.	2 teaspoonful curry-paste.
1½ oz. butter.	3 teaspoonfuls flour.
½ Spanish onion (chopped finely).	1 teaspoonful ehutney.
1 apple (chopped).	½ teaspoonful sugar.
1 tomato (sliced).	1 teaspoonful lemon-juice.
1 teaspoonful curry-powder.	3 gills stock.
	6 oz. boiled rice.

*(Enough for 6 or 7 persons.)*

Cut the meat into small pieces, fry the onion in the butter, add the apple and tomato. Mix the curry-powder, paste, flour, ehutney and sugar together, and add them to the butter, etc. Put on the lid of the saucepan, and cook for three minutes, moving the saucepan gently to prevent the contents from burning; add the lemon-juice and stock. Bring to boiling-point, skim, and simmer slowly for one hour. Add the meat, and let it remain in the sauce for an hour or longer before serving. Dish on a hot dish with a border of rice.

### Gâteau of Cold Meat.

1 hard-boiled egg.	1 teaspoonful essence of an- chovy.
1 lb. cooked meat.	Pepper and salt.
2 teaspoonfuls chopped onion.	1 egg.
1 oz. butter.	1 gill good gravy.
3 oz. breadcrumbs.	½ pint brown sauce.
2 teaspoonfuls chopped parsley.	

*(Enough for 7 or 8 persons.)*

Well butter a pie-dish (1½ pints), and decorate it with the hard-boiled egg cut in pieces. Pass the meat through a mincing-machine or chop it finely; cook the onion in the butter, add the meat, breadcrumbs, parsley, essence of anchovy, and pepper and salt. Beat up the egg, add it to the gravy, and mix with the rest of the ingredients. Put the mixture into the pie-dish, pressing it well in. Bake for twenty minutes. Turn out on to a hot dish, and pour the sauce round.

## German Croquettes.

Batter as for pancakes (see p. 189).

1 $\frac{1}{4}$  lb. cooked meat.

Seasoning of anchovy, herbs, or  
tomato sauce.

1 egg.

8 tablespoonfuls breadcrumbs.

Fat for frying.

### *Sauce*

1 oz. butter.

1 oz. flour.

1 $\frac{1}{2}$  gills stock.

Pepper and salt.

(Enough for 15 croquettes.)

Make the batter and leave it to stand. Pass the meat through a mincing-machine, make a sauce as in Recipe, p. 84, add the seasoning and the meat, beat up the egg. Fry the batter as for pancakes in rather a large frying-pan. Put some of the meat mixture on each pancake, roll up, cut into equal-sized pieces, egg and crumb, fry in deep fat. Dish on a d'oyley. Serve at once.

## Hash.

2 small turnips.

2 small carrots.

1 lb. cooked meat in slices  
(underdone).

Toasted or fried bread.

### *Sauce.*

1 shallot.

1 oz. butter or dripping.

1 oz. flour.

1 pint stock.

Pepper and salt.

(Enough for 5 or 6 persons.)

Make the sauce as in Recipe p. 84, add the vegetables, cut into neat slices, cook until tender. Add the meat, letting it remain in the sauce for an hour or longer before serving. Put on to a hot dish, garnish with fried bread.

## Italian Patties.

Choux pastry (see p. 224).

1 lb. cooked veal and tongue.

Seasoning.

2 gills sauce (made as for white  
sauce, using stock instead of  
milk).

(Enough for 10 patties.)

Make the choux pastry, force it on to a buttered baking-sheet in pyramid shapes. Bake for about half an hour, split

open, fill with the meat mixture, put together again, and serve at once.

*Meat Mixture.*—Cut the meat into dice, mix it with the sauce, season, and stir over the fire until thoroughly hot before filling the cases.

### Kromeskies.

A grate of nutmeg.  
6 oz. cooked meat (game or  
poultry preferable).  
 $\frac{1}{4}$  lb. bacon.  
 $\frac{1}{2}$  quantities frying batter No. 1  
(see p. 189).  
Fat for frying.  
Parsley.

#### *Sauce.*

4 mushrooms or  $\frac{1}{2}$  shallot.  
1 oz. butter.  
 $\frac{1}{2}$  oz. flour.  
1 gill good gravy.  
Pepper and salt.

(Enough for 12 kromeskies.)

Make a sauce as in Recipe, p. 84, add the nutmeg, pass the meat through a mincing-machine, add it to the sauce. Turn on to a plate, divide into equal portions. Cut the bacon in *very* thin rashers, put a little of the meat mixture on each, roll up, dip into batter, fry in deep fat. Serve on a hot dish, garnish with fried parsley and lemon.

### Macaroni and Meat Balls.

2 oz. macaroni.  
 $\frac{1}{2}$  lb. cooked meat (tongue pre-  
ferable.)  
Pepper, salt, and cayenne.

1 egg.  
3 tablespoonfuls breadcrumbs.  
Fat for frying.  
 $\frac{1}{4}$  pint tomato sauce.

(Enough for 2 persons.)

Boil the macaroni until tender, strain, and chop it finely. Chop the meat, mix it with the macaroni, add the pepper and salt, and the yolk of egg. Divide into four equal portions, make into balls, brush over with the white of egg, roll in breadcrumbs, fry in deep fat. Serve with tomato sauce.



## Macaroni and Meat Mould.

6 oz. Naples macaroni.

1 slice of bread.

1 gill stock.

1 egg.

1 lb. minced meat (cooked).

Pepper and salt.

A pinch of sweet herbs.

 $\frac{1}{2}$  pint brown sauce, gravy, or  
tomato sauce.*(Enough for 7 or 8 persons.)*

Break the macaroni into small pieces, put into boiling water with a little salt, and boil for a quarter of an hour. Put the bread into a basin and pour the hot stock over, beat up the egg, drain the macaroni when tender; beat up the bread with a fork, add the meat, macaroni, seasoning, herbs and egg, and mix well together. Put into a buttered basin and press well in, cover with buttered paper, and steam one hour; turn out and serve with the sauce or gravy. This mould may be varied by putting the meat and macaroni in layers, or lining the basin with macaroni and filling up with the meat, and cover with more macaroni. This mould is very savoury if made with mixed meats.

## Mince.

1 lb. cooked meat.

Seasoning of parsley, essence  
of anchovy, or sweet herbs.Toasted or fried bread, boiled  
rice, or poached eggs.*Sauce.*

1 shallot.

 $1\frac{1}{2}$  oz. butter or dripping.

1 oz. flour.

3 gills stock or gravy.

Pepper and salt.

*(Enough for 5 or 6 persons.)*

Pass the meat through a mincing-machine or chop it finely, make the sauce as in Recipe, p. 84, add the meat and seasoning, put into a double saucepan for an hour. Serve on a hot dish, garnish with toasted bread, boiled rice, or poached eggs.

## Baked Mince.

1 lb. cooked meat.		<i>Sauce.</i>
Seasoning of tomato sauce or ketchup or herbs.		1 shallot.
Raspings.		1½ oz. butter or dripping.
2 tomatoes or 1 lb. mashed potatoes.		1 oz. flour.
		2 gills stock or gravy.
		Pepper and salt.

(Enough for 5 or 6 persons.)

Make as for mince, using two gills of stock instead of three. Put the mixture into a pie-dish, sprinkle with raspings, garnish the edge with slices of tomato or mashed potato, forced through a large rose forcer. Bake from twenty to thirty minutes.

## Miroton of Meat.

1 Spanish onion.		Pinch of sugar.
1 tomato.		1½ pints good stock.
1½ oz. butter.		Pepper and salt.
1½ oz. flour.		1½ lb. cooked meat (underdone).
1 tablespoonful vinegar.		Raspings.
Bunch of herbs.		Vegetables for garnish.

(Enough for 8 persons.)

Skin and slice the onion and tomato, fry them in the butter, add the flour, let it brown, then add the vinegar, herbs and sugar. Cook for a few minutes, add the stock, pepper and salt. Boil gently for twenty-five minutes, skimming off any fat that rises to the top; strain. Put a little of this sauce on to a dish, arrange the meat on it, letting the slices overlap, pour the rest of the sauce over, sprinkle with freshly-made raspings. Stand the dish in a tin of hot water and put it in a slow oven for an hour. Garnish with peas, beans, cauliflower, or any nice vegetable that is in season. Serve directly it comes from the oven. Care must be taken that the oven does not get too hot.

## Mutton and Mushrooms.

1½ lb. roast mutton.	Pepper and salt.
1 lb. mushrooms.	1 dessertspoonful sherry.
1 pint good gravy.	1 oz. butter.
1½ oz. flour.	1 lb. new potatoes.

(Enough for 6 or 7 persons.)

Cut the meat into neat slices, peel and cut up the mushrooms. Thicken the gravy with the flour, add the seasoning and sherry. Cook the mushrooms in the butter, sprinkle with flour, add 1 gill of the gravy, and stew for about a quarter of an hour with the lid on the saucepan. Warm the meat in the rest of the gravy. Lift out the slices on to a hot dish, put a little of the mushroom mixture on each, pour the gravy round, garnish with the potatoes.

*To cook Potatoes.*—Scrape the potatoes, put into boiling water with a little salt, boil for three minutes, strain and dry in a cloth. Put 1½ oz. of butter into a saucepan, when hot put in the potatoes, and cook until just tender. Keep the lid on the saucepan and shake the pan gently from time to time to prevent the contents from burning.

## Pastry Rissoles

6 oz. cooked meat.	8 tablespoonfuls breadcrumbs
1 oz. cooked ham.	or fine vermicelli.
1 egg.	

*Sauce.*

½ oz. butter.	½ gill gravy.
½ oz. flour.	Pepper and salt.

*Pastry.*

3 oz. flour.	½ teaspoonful baking-powder.
Pinch of salt.	1½ oz. butter or dripping.

(Enough for 14 rissoles.)

Pass the meat through a mincing-machine, or chop it finely, make the sauce as in Recipe, p. 84, add the meat. Divide

into twelve portions. Make the pastry (see Recipe for Short-crust, No. 1, p. 226), roll it out as thin as a penny, cut into rounds 3 inches in diameter, brush the edges with egg, put a portion of meat mixture on each, fold over into half-moon shapes; brush over with egg, coat with breadcrumbs or vermicelli. Fry in deep fat. Dish on a d'oyley. These are very nice cold for picnics.

### Potato Pie.

1½ lb. cooked meat.	1 tablespoonful tomato sauce.
2 teaspoonfuls finely-chopped onion.	1 lb. cooked potatoes.
Pepper and salt.	½ oz. butter.
3 gills gravy.	1 tablespoonful milk.

(Enough for 6 persons.)

Cut the meat into small slices, put it into a pie-dish with the onion, pepper and salt, pour in a little gravy and the tomato sauce; rub the potatoes through a sieve, put the butter and milk into a saucepan. When hot put in the potatoes, add pepper to taste, mix well. Cover the meat with the potato, smooth over the top with a knife, and mark round the edge. Brush over with milk, and bake for three-quarters of an hour. Serve with the rest of the gravy in a tureen.

### Potato and Meat Croquettes.

<i>Meat Mixture.</i>	<i>Potato Mixture.</i>
½ lb. cooked meat.	1 lb. 2 oz. cooked potatoes.
½ oz. breadcrumbs.	½ lb. flour.
1 teaspoonful chopped onion.	2 oz. butter.
Pepper and salt.	Pepper and salt.
2 tablespoonfuls brown sauce.	1 egg.
1 egg.	

(Enough for 14 croquettes.)

Pass the meat through a mincing-machine or chop it finely, add the breadcrumbs, onion, seasoning, sauce and egg, mix

well. Divide into fourteen portions. Make into cork shapes. Rub the potatoes through a sieve and mix them with the flour, butter, pepper and salt and egg. Roll out on a floured board to  $\frac{1}{2}$  inch in thickness, cut into squares, put a portion of meat on each, roll up. Fry in deep fat. Dish on a d'oyley, serve very hot.

### Princess Cutlets.

1 lb. cooked meat.  
1 teaspoonful chopped parsley.  
Pinch of mace.  
1 egg.  
8 tablespoonfuls breadcrumbs  
or fine vermicelli.  
Fat for frying.  
Parsley for garnish.

#### *Sauce.*

2 oz. cooked ham or tongue.  
2 oz. butter.  
2 oz. flour.  
2 gills stock or gravy.  
Pepper and salt.

(Enough for 14 cutlets.)

Prepare the meat mixture as for 'Croquettes of Meat,' divide into fourteen portions, make into cutlet shapes, brush over with egg, coat with breadcrumbs or vermicelli. Fry in deep fat, stick a short stalk of parsley in the end of each cutlet to represent the bone. Dish in a circle on a d'oyley, with fried parsley in the centre.

### Scotch Eggs.

8 hard-boiled eggs.  
6 oz. cooked meat (underdone).  
1 egg.  
3 tablespoonfuls breadcrumbs.  
A few sprigs of parsley.

#### *Sauce.*

$\frac{1}{2}$  oz. butter.  
 $\frac{1}{2}$  oz. flour.  
 $\frac{1}{2}$  gill stock.  
Pepper and salt.

(Enough for 3 persons.)

Remove the shells from the eggs, make the sauce as in Recipe, p. 84, pass the meat through a mincing-machine, add it to the sauce. Divide into three portions and roll an egg in each. Egg and crumb, fry in deep fat. Cut through, and dish on a d'oyley with the cut side uppermost. Garnish with fried parsley.

## Squab Pie.

1½ lb. cooked meat.	2 teaspoonfuls chopped onion.
1 hard-boiled egg.	Pepper, salt, and cayenne.
3 potatoes (parboiled).	3 gills good gravy.
1 large apple,	Short-crust No. 1 (see p. 226).

*(Enough for 6 or 7 persons.)*

Cut the meat and egg into slices, and the potatoes into quarters. Peel, core, and chop the apple. Fill a pie-dish with layers of the meat, egg, potato, onion, and apple, seasoning with pepper and salt. Pour in a little of the gravy, cover with short-crust, brush with milk, and decorate. Bake for about one hour. Serve with a tureen of gravy.

## Timbale of Veal.

¾ lb. cooked potatoes.	1 lb. cooked veal.
½ oz. butter.	1 potato (parboiled).
1 teaspoonful milk.	2 tomatoes.
1 yolk of egg.	½ gill good gravy.
Seasoning.	1½ gills tomato sauce.
Raspings.	

*(Enough for 6 or 7 persons.)*

Rub the potatoes through a sieve, put the butter and milk into a saucepan, when hot add the potatoes, yolk of egg and seasoning, stir over the fire until the egg is cooked. Butter a plain mould or cake-tin, sprinkle with raspings, line with the potato, leaving sufficient for covering the top. Fill the mould with layers of the meat cut in thin slices, and the tomato and potato cut in small pieces, season with pepper and salt. Pour in the gravy, cover with potato, bake for three-quarters of an hour. Turn out and serve with tomato sauce.

## Veal Fritters.

1 teaspoonful lemon-juice.  
 $\frac{1}{2}$  teaspoonful chopped parsley.  
 Pinch of mace.  
 6 oz. cooked veal.  
 2 oz. cooked ham or tongue.  
 $\frac{1}{2}$  quantities frying batter No. 2  
 (see p. 189).  
 Fat for frying.  
 1 lemon.  
 A few sprigs of parsley.

*Sauce.*

4 mushrooms.  
 1 teaspoonful chopped onion.  
 1 oz. butter.  
 $\frac{1}{2}$  oz. flour.  
 $\frac{1}{2}$  gill stock.  
 Pepper and salt.

(Enough for 8 fritters.)

Make the sauce as in Recipe, p. 84, add the lemon-juice, parsley, and mace, chop the veal and ham finely and add them to the sauce, form into egg shapes with two spoons, dip in batter, fry in deep fat. Fry the parsley. Serve on a d'oyley, garnish with parsley and the lemon cut in pieces.

## Veal and Ham Mould.

2 hard-boiled eggs.  
 2 oz. cooked ham.  
 $\frac{1}{2}$  lb. cooked veal.  
 $\frac{1}{2}$  oz. gelatine.

1 pint good stock (flavoured  
 with veal trimmings).  
 Cress.  
 Salad.

(Enough for 7 or 8 persons.)

Decorate a mould with hard-boiled egg and pieces of lean ham cut into fancy shapes, cut the veal and ham into small pieces; dissolve the gelatine in the stock, season well, pour a little into the mould. When set put in some pieces of veal, ham, and egg, then add more stock, when set add more meat, etc. Fill up the mould in this way, put it in a cold place. When set turn out and garnish with cress. Serve with salad.

## Veal and Ham Patties.

 $\frac{3}{4}$  lb. cooked veal. $\frac{1}{4}$  lb. cooked ham.

Rough puff pastry.

1 Egg.

*Sauce.* $1\frac{1}{2}$  oz. butter. $1\frac{1}{2}$  oz. flour. $1\frac{1}{2}$  gills milk or stock.

Pepper and salt.

*(Enough for 12 patties.)*

Make a sauce as in Recipe, p. 84, chop the meat up finely, add it to the sauce with the herbs, pepper and salt. Roll the pastry out thinly, line some patty-pans, moisten the edges with egg, put in a little meat mixture, cover with rough puff pastry (p. 225), make a hole in the top of each, brush with egg. Bake for half an hour.



## CHAPTER V

### POULTRY AND GAME

#### NOTES ON GAME

SOME kinds of game can be obtained all the year round, but there is very little choice from March to September. The following is a list of those most used, and the dates when in season :

*In season.*

Blackcock	...	...	...	...	August 20 till December 10.
Grouse	...	...	...	...	August 12 till December 10.
Hares	...	...	...	...	October to March.
Larks	...	...	...	...	November till February.
Partridges	...	...	...	...	September 1 to February 1.
Pheasants	...	...	...	...	October 1 to February 1.
Plovers	...	...	...	...	November till March.
Pigeons	...	...	...	...	All the year round.
Ptarmigan	...	...	...	...	November till March.
Quails	...	...	...	...	March to October.
Snipe	...	...	...	...	November till March.
Teal	...	...	...	...	September to February.
Venison : Buck venison	...	...	...	...	June to September.
Doe venison	...	...	...	...	October to December.
Wild duck	...	...	...	...	September to February.
Widgeon	...	...	...	...	August to March.
Woodcock	...	...	...	...	November till March.

Game should be hung in a cool, dry place. It is hung for some time to make it ripe, or 'high,' but should never have an unpleasant smell. Water-fowl, such as wild duck, teal, widgeon, etc., should not hang more than a day.

When the breast feathers come out easily it is a sign that the bird is ready for plucking.

For pheasants, another test is when the blood drops from the beak. Pheasants hang longer than partridges. Both require to be well cooked. Game, as a rule, should be slightly underdone.

Wild duck is always served either with an orange or lemon salad, or with some accompaniment having orange or lemon as the characteristic flavour.

A salad is usually served with game. Cranberry sauce or cranberry jelly is frequently served.

The four usual adjuncts for game are : a good brown gravy, bread sauce, fried crumbs, potato chips, watercress being used as a garnish.

Woodcock are never drawn, for the trail is considered a delicacy by gourmets.

#### *To tell when Birds are Young.*

Grouse, partridges, snipe, quails, and ortolans, when young have short round spurs.

Old grouse and partridges have yellow legs and dark bills. They are not good for roasting, but may be used for salmis, etc.

Woodcock when old have pointed spurs, and the feet hard and thick ; when young their spurs are blunt.

When the bills look soft and unsightly, and the throat muddy, it is always a sign that the birds have been killed long.

In venison, when young, the fat is clear and bright.

If hares have sharp claws, ears damp, and the cleft in the lip narrow, it is a sign that they are young.

#### NOTES ON POULTRY DRAWING AND TRUSSING.

Poultry should be fresh ; it is spoilt if the least high. A turkey may be hung for several days in a cold dry place, and in cold weather will keep for a week or ten days.

Poultry should never be served underdone, but be well cooked. It requires more cooking than game in proportion to its size. A very large fowl will take quite two hours if cooked slowly, a good-sized fowl an hour and a half, a medium size from one to one and a quarter hours, a spring chicken from forty to fifty minutes.

If young and tender, the skin of the breast will look fine and transparent, and the bone will bend easily. A good test is to pierce the flesh with a pin; it should go in quite easily. The claws should bend without cracking, and the legs should be smooth. Choose dark legs for roasting, and white ones for boiling. The weight should be great in proportion to the size.

Fowls are in season all the year round, also chickens, spring chickens in April, May, and part of June. The price varies from 2s. 6d. to 4s., according to size and season.

An old fowl is good for broth. It is also very good if it is steamed for three or four hours, and then roasted and well basted.

#### *To prepare Fowls for Cooking.*

After removing the feathers, singe off the hairs that remain with a lighted taper, wipe with a damp cloth, turn the bird on to its breast, make a slit between the shoulders, and with your fingers loosen the skin all round the neck until it is quite free; then cut it off close to the body. Now cut the skin of the neck, leaving quite 2 inches hanging to the body. Remove the crop (a bag of skin in front of neck), put in your first finger, and work it gradually round inside the bird, keeping near to the carcass, and loosen all the ligaments you come across. Now make a small slit at the other end by the side of the leg, put in your finger, and loosen in the same way. Take hold of the gizzard and pull. If you have broken all the ligaments properly, the whole of the inside will come out with the gizzard. Wipe out the bird with a damp cloth, and rub in some salt and lemon. Remove the gall-bag from the liver, pull the neck from the head. Cut the skin of the

gizzard through the fleshy part, and peel it off; in the middle is a bag full of stones. You must be careful not to cut into this, or it will be more difficult to remove.

Wash the giblets well in warm water.

Truss the bird into shape.

For roasting, the legs are chopped off near the thighs. Draw out the sinews, twist the pinions backwards so that the tips are under the body, force the legs well down and into the sides so that it will stand firmly on the dish.

Run the needle through the second wing-joint into the upper joint of leg, through the body, and turn the fowl on its breast. Fold over the loose piece of skin at the back, pass the needle through the top of the wing, through the back, catching up the piece of skin, and out through the top of opposite wing, draw tightly, and tie. At the other end, run the needle into the back, press the legs closely together, take a stitch through, passing the string over each leg and out at the back.

For boiling, cut the legs off at the first joint. Put your fingers in at the lower slit by the leg, and loosen the skin all round the legs, taking care not to break it. Press the leg from you with your thumb, and draw the skin towards you at the same time with your other hand, so that the legs can be slipped underneath and inside the body. Now pass a trussing-needle and string through the end of the back, over the legs, and out through the back. Tie the ends tightly together—this will keep the legs well down inside the body—bend the tail upwards, draw the skin over, and tie securely with string.

Turkeys are trussed in the same way as fowls.

### *How to bone a Fowl.*

The fowl should not be drawn. Singe and wipe it with a damp cloth, make a slit in the skin at the back of the neck, loosen it round as far down as possible, and cut off the neck. Sever the tendons that connect the wings, and scrape off the flesh close to the bones. Next remove the merry-thought,

and with the fingers loosen the flesh round the carcass until you come to the leg-joints. Disjoint them, and loosen the rest of the flesh until it is all free from the carcass. Now remove the bones from the legs and wings.

If for a galantine, cut off the first joints of the wings before boning. When boned, draw the legs and wings inside, and lay the meat flat on the board ready for stuffing.

### Chaufroid of Chicken.

1 boiled chicken.	1 truffle.
3 gills béchamel sauce (see p. 152).	Salad.
1 pint aspic jelly.	Mayonnaise sauce.

*(Enough for 6 or 7 persons.)*

Cut the chicken into joints, remove the skin, put the pieces on to a strainer with a dish underneath; warm the sauce, add  $\frac{3}{4}$  gill of aspic, mask the chicken with this. When set coat with aspic, put a little salad in the middle of a dish, arrange the chicken in a heap, garnish with the rest of the jelly chopped and a little salad. If liked, the chicken may be decorated with truffles cut into fancy shapes before coating with aspic.

### Devilled Chicken-legs.

2 legs of cooked chicken.	2 teaspoonfuls white sauce.
3 tablespoonfuls breadcrumbs.	2 teaspoonfuls chutney.
1 oz. butter.	Cayenne, pepper, and salt.
2 teaspoonfuls mixed mustard.	

Remove the skin from the chicken. Spread the crumbs on a tin, and put them in the oven to brown. Melt the butter and dip the chicken-legs in it, masking them well all over. Chop the chutney, and mix it with the mustard, sauce, and seasoning; spread this all over the chicken, roll in the breadcrumbs, and place on a buttered tin with some pieces of butter on the top. Bake for twenty minutes. Sprinkle with Worcester sauce, garnish with parsley, and serve at once.

### Chicken Mould (Cold).

1 gill cream.  
 $\frac{1}{2}$  pint aspic.  
 3 oz. tongue.

Small cress.  
 $\frac{1}{2}$  lb. cooked chicken.  
 Pepper, salt and cayenne.

(Enough for 6 persons.)

Whip the cream until stiff. Pour a little jelly into a mould or cake-tin, arrange strips of tongue (cut in fancy shapes) and cress in a pattern, set with more liquid jelly. Whip the aspic until quite white and stiff, and mask the mould with it. Mince the chicken and tongue, mix with the cream and seasoning, fill mould with it. Cover with a layer of whipped aspic. Leave until set, then turn out, and serve with salad or chopped jelly.

### Chicken Mould.

Quenelle meat (made with  $\frac{3}{4}$  lb.  
 veal fillet; see p. 80).  
 7 oz. chicken meat or half a  
 cooked chicken.  
 2 oz. tongue.  
 1 gill white sauce.

Pepper and salt.  
 Pinch of cayenne.  
 1 teaspoonful lemon-juice.  
 $\frac{3}{4}$  pint white sauce (made with  
 2 gills chicken stock and  
 1 gill milk).

Line a buttered mould ( $1\frac{1}{4}$  pints) with quenelle meat. Cut the chicken meat and tongue into dice, mix with the sauce, add seasoning and lemon-juice. Put into the mould and cover with the rest of the quenelle meat. Steam thirty to forty minutes. Turn on to a hot dish, coat with the sauce.

### Chicken à la Russe.

1 chicken.  
 3 oz. ham.  
 3 hard-boiled eggs.  
 2 tablespoonfuls breadcrumbs.  
 1 teaspoonful chopped parsley.  
 1 oz. butter.

Pepper and salt.  
 1 pint white sauce (made with  
 the chicken stock and milk).  
 1 lemon.  
 White of 1 egg.

(Enough for 6 or 7 persons.)

Bone the chicken, draw in the legs, lay it flat on a board. Put a layer of ham cut in thin slices, then two of the eggs cut in quarters lengthways. Sprinkle over the breadcrumbs,

parsley, pepper, salt, and butter mixed together. Roll up, and tie in a cloth. Put the bones into a saucepan with enough water to cover, a few peppercorns, and salt. When boiling put in the chicken, and simmer gently for an hour and a half. Take out, remove the cloth, put on to a hot dish, coat with the sauce, with which you have mixed the white of egg chopped finely. Decorate with the yolk rubbed through a sieve, garnish with the slices of lemon, egg, and parsley.

### Roast Ducks.

A couple of ducks.	1 pint stock.
Sage stuffing (see p. 153).	Seasoning.
Flour.	Watercress.
Dripping.	1 pint apple sauce.
$\frac{1}{2}$ pint brown sauce.	

*(Enough for 6 or 7 persons.)*

Hang the ducks for a day or two; pluck, draw, and singe them. Stuff one, and truss them both nicely, spread with good beef dripping. Put the giblets into a saucepan with the stock and some peppercorns, stew them for the gravy. Roast the ducks before a clear fire or in the oven from one to one and a quarter hours, basting well. Take out of the oven, untruss, and put them on to a hot dish. Pour off the dripping from the tin, mix in a little flour, put over the fire to brown, mix in the brown particles from the sides of pan. Add the stock and brown sauce and seasoning, boil for five minutes. Strain into a tureen. Garnish the ducks with watercress. Serve with apple sauce, green peas, and potatoes.

### Boiled Fowl.

1 fowl.	Pepper and salt.
Stock to cover.	Parsley.
1 pint white sauce.	Boiled ham or bacon.
1 hard-boiled egg.	

*(Enough for 5 or 6 persons.)*

Draw and truss the fowl, wrap it in buttered paper, and tie with string. Put it into hot stock with the giblets (the stock



must not be boiling, as it causes the skin to contract too quickly), simmer very gently until tender. When cooked lift out on to a hot plate, remove the paper and string, untruss, wipe with a clean cloth. Put it on to a hot dish, coat with sauce, and decorate with the yolk of egg (rubbed through a sieve) and the parsley. Serve with boiled ham or bacon, and the rest of the sauce in a tureen.

### Roast Fowl.

1 fowl.

1 onion.

1 pint stock.

6 peppercorns.

2 bay-leaves.

Dripping for basting.

$\frac{1}{2}$  lb. bacon (cut in thin rashers).

$\frac{1}{4}$  pint brown sauce.

Bread sauce (see p. 154).

Draw and truss the fowl for roasting, rub it all over with an onion, wrap it in buttered paper, and tie with string if it is to be cooked in front of the fire. Put the giblets into a saucepan with the stock, some peppercorns, two bay-leaves, and salt, and stew well for the gravy. Put the fowl into a meat-tin, with water in the under one, and put it in a hot oven for the first ten minutes, then cook very gently, basting often. Thirty minutes before serving take off the paper, sprinkle the bird with a little flour, put back into a hot oven, and keep it well basted that it may look well browned and frothy. Trim the bacon, roll up, thread it on a skewer, and put in the oven for ten or fifteen minutes. Dish up the fowl, remove the string, put it on a hot dish. Pour off some of the fat in the tin, sprinkle in a little flour, put the pan over the fire and let the flour brown, then add the stock and the brown sauce. Boil for five minutes, season well, and if necessary add a little browning. Pour a little round the fowl, and garnish with the rolls of bacon. Serve with bread sauce and the rest of the gravy and vegetables.



## White Fricassee of Fowl.

Remains of cold boiled fowl.	1 yolk of egg.
Liquor in which fowl was cooked.	1 gill milk or 3 tablespoonfuls cream.
1 onion.	Juice of 1 lemon.
1 oz. butter.	1 teaspoonful chopped parsley.
1 oz. flour.	

Cut up the chicken into neat joints, break up the bones that have no meat on them, and put them into a saucepan with the liquor in which the fowl was cooked and a small onion. Cook well for an hour or more. Strain off the stock and put the bones in the stockpot. Melt the butter in a saucepan, stir in the flour, add enough stock to make a thick sauce, put in the pieces of chicken, and simmer *very* gently for half an hour. Mix the milk with the yolk of egg, and add it gradually to the contents of saucepan. Stir in a teaspoonful of lemon-juice and the parsley. Pile on a hot dish, garnish with slices of lemon.

## Galantine of Fowl.

1 fowl.	Onion.
1 lb. veal.	Parsley.
$\frac{1}{4}$ lb. ham.	Bay-leaf.
1 hard-boiled egg.	Pepper and salt.
$\frac{1}{2}$ lb. tongue.	A little glaze.
Carrot.	Some aspic jelly.
Turnip.	

(Enough for 9 or 10 persons.)

Bone the fowl, make a forcemeat of the veal and ham, season well. Cut the egg into slices and the tongue into strips. Lay the fowl on a board with the skin side downwards, and draw in the legs and wings. Spread half of the forcemeat over, then arrange the egg and tongue in alternate strips, spread the rest of the forcemeat over. Roll this up, tie firmly in a cloth. The giblets, after being prepared, should be put into a saucepan with the bones from the fowl and enough

cold water to cover. Bring to boiling-point, skim, add a small piece of turnip, carrot, onion, parsley, and a bay-leaf. Put in the fowl, and simmer gently from one and a half to two hours. Take it out and leave it for ten minutes, then untie it, roll up again firmly, put between two dishes with some weights on the top; leave until cold. Take off the cloth, wipe the galantine with a hot cloth to remove any fat, then glaze it. Cut off the ends. Put on a dish and garnish with chopped jelly. Serve with salad.

N.B.—The aspie jelly may be made from the stock the galantine is cooked in (see Aspie Jelly, p. 17).

### Jugged Hare.

1 hare.  
1½ lb. steak.  
Pepper, salt, cayenne.  
3 oz. flour.  
3 oz. butter.  
1 onion.  
2 cloves.

½ lemon.  
2 bay-leaves.  
1½ pints stock.  
1 glass port wine.  
2 teaspoonfuls red currant  
jelly.  
Force meat balls, (see p. 158).

Well wash the hare, cut up into joints, and wipe with a clean cloth. Cut the steak into pieces. Mix the flour, pepper, salt, and cayenne. Fry the hare in the butter, first dipping it into the flour; then fry the steak and put it into a stewing-jar; then add the hare, the onion stuck with the cloves, the bay-leaves, and lemon. Cover with the stock in which you have mixed half of the port wine and the red currant jelly. Cover the jar closely, stand in a saucepan of boiling water, and cook gently for three hours. When ready to serve remove the onion, bay-leaves, and lemon. Pour off some of the gravy into a saucepan, thicken it with flour, put in the force meat balls to get thoroughly hot, and add the rest of the wine. Cook for ten minutes. Pile the pieces of hare in the middle of the dish, put the steak round. Pour over a little of the gravy, garnish with force meat balls. Serve with red currant jelly.

## Roast Hare.

1 hare.	1 bay-leaf.
Veal stuffing No. 1 (sec p. 158).	2 teaspoonfuls lemon-juice.
$\frac{1}{4}$ lb. butter.	1 tomato.
Slice of fat bacon.	Wineglass port wine.
$\frac{1}{2}$ pint milk.	Red currant jelly or orange
1 pint brown sauce.	salad.

(Enough for 10 persons.)

Supposing the hare is already paunched, wipe it well inside and out, fill with forcemeat, sew it up, truss into shape. Spread all over with butter or dripping, put the bacon upon the back of the hare. Place in a meat-tin with a little milk, roast it in the oven, basting frequently. Cook for about an hour and a half; time depends upon the size of the hare. Put the brown sauce into a saucepan with the bay-leaf, lemon-juice, and the tomato sliced. Stew slowly for about an hour. When the hare is cooked put it on to a hot dish, remove string. If there is much fat in the tin, pour off a little of it, sprinkle the tin with flour, let it brown by placing the pan over the fire. Pour in the brown sauce, add the wine, boil for a few minutes, strain, and serve in a tureen. Garnish the hare with watercress, and serve with red currant jelly or orange salad. If liked, Italian sauce may be used instead of brown sauce.

## Chaudfroid of Larks.

12 larks.	Macédoine (mixed vegetables).
1 jar foie gras.	1 pint aspic jelly.
1 lb. quenelle meat.	Glaze.
2 truffles.	

(Enough for 12 persons.)

Bone the larks and stuff with the foie gras. Mix the truffles (chopped) with the quenelle meat, butter some small moulds and line with this mixture, put a lark in each and press the meat round, making them a nice shape at the top (not covering up all the lark). Put these into a sauté-pan with enough water to come halfway up the moulds, cover with buttered paper, and

put in the oven to cook for twenty minutes. Turn out, and when cold glaze. Arrange on rounds of aspic jelly, decorate with aspic and macédoine. The glaze may be made by cooking the bones in butter, adding some brown sauce, and leaving it to simmer. Strain, and add a little melted aspic jelly to it.

N.B.—This can be made into a hot entrée by omitting the aspic and serving with sauce.

### Pheasant Pie.

1 pheasant (partly roasted).  
1 tablespoonful good gravy.  
 $\frac{1}{2}$  lb. veal.  
2 oz. ham.  
 $\frac{1}{2}$  lb. sausages.  
Cayenne, salt, pepper.

Pinch nutmeg and mace.  
 $\frac{1}{2}$  teaspoonful chopped parsley.  
 $\frac{1}{2}$  gill aspic.  
Raised piecrust (see p. 226).  
1 yolk of egg.

Cut the pheasant into small pieces and remove as many bones as possible. Put the bones into a small saucepan with the gravy, and cook ten to fifteen minutes. Pass the veal and ham through a mincing-machine, add the sausage-meat, seasoning, nutmeg, mace and parsley. Line a buttered pie-mould with the crust, spread the meat mixture all round inside, put in the game, add the gravy. Cover with the rest of the meat mixture, then cover with pastry. Decorate according to taste. Bake two to two and a half hours. When nearly cooked unmould and brush all over with yolk of egg, return to the oven till cooked. When cool fill up with nearly cold aspic. Garnish with aspic jelly.

N.B.—Game pie may be made by using all kinds of game instead of the pheasant.

### Roast Pheasant.

1 brace of pheasants.  
A little fat bacon.  
 $\frac{1}{2}$  lb. butter.

2 croûtons or hot buttered toast.  
Watercress.

The birds should be hung for about four days in a cold, dry, airy place. Pluck, singe, and draw them, scald and skin

the legs, chopping off the claws ; truss for roasting, tie a piece of fat bacon over the breast, and cook for about one hour, basting frequently with the butter ; remove the bacon and untruss. The pheasants should be placed on the croûtons or buttered toast, and garnished with watereress. Serve with bread sauce, red currant jelly, fried crumbs, and good gravy made from the giblets of the pheasants, and some stock made from poultry or game trimmings.

*For Fried Breadcrumbs.*—Make some white breadcrumbs, put some butter into an enamelled stewpan ; when melted put in the crumbs, and stir over the fire until they begin to brown. Put them on tissue or blotting paper in the oven for a few minutes. Serve on a d'oyley.

### Braised Pigeons.

2 pigeons.	1 turnip.
Flour.	1 stick of celery.
Butter.	$\frac{1}{2}$ small onion.
$\frac{1}{4}$ lb. raw bacon.	1 bunch of herbs.
1 carrot.	1 pint stock.

(Enough for 4 persons.)

Draw and truss the pigeons, dip in flour and fry in butter. Cut the bacon in dice. Scrape the carrots and peel the turnips, and cut out some fancy shapes from each with a vegetable-cutter. Put the trimmings into a stewpan with the celery, onion and herbs, pour in the stock. Bring to boiling-point, put in the pigeons, cover them with buttered paper, put on lid of stewpan, and cook gently for three-quarters of an hour if large pigeons, half an hour for small ones. Lift them out on to a tin, brush over with glaze, put the bacon on the tin, and put it into the oven for ten minutes. Strain the stock, and let it boil very rapidly with the lid off, until reduced to about  $1\frac{1}{2}$  gills ; keep it well skimmed. Boil the fancy vegetables in a little salt and water for fifteen minutes. Put the pigeons on to a hot dish, remove string, strain over the sauce, garnish with little heaps of bacon and vegetables.

## Pigeon Pie.

4 pigeons.	2 oz. butter.
1 lb. beefsteak.	1 tablespoonful flour.
Bay-leaf.	4 yolks of hard-boiled eggs.
Thyme.	Puff pastry (see p. 225).
Shallot (chopped).	Good gravy or stock (made with
Pepper and salt.	poultry trimmings or giblets).

*(Sufficient for 8 persons.)*

Prepare, singe, and draw the pigeons. Cut them in half, or, if large, into quarters. Cut the steak into small pieces. Season with the chopped bay-leaf, thyme and shallot, salt and pepper. Fry lightly in the butter, sprinkle over the flour. Put all into a pie-dish, cut the yolks of eggs in halves and put on the top. Pour in enough good gravy to half fill the dish, cover with puff pastry. Bake about two hours. If the pie is to be eaten cold, after taking it out of the oven fill up the dish with some good stock or gravy in which some gelatine has been dissolved.

## Roast Quails.

4 quails.	Buttered toast.
Butter.	Watereress.
Bacon.	Fried breadcrumbs.
Glaze.	Good brown gravy.

*(Enough for 4 persons.)*

These birds may be drawn or not, as preferred. Truss into shape, spread with butter, and place a vine-leaf on the breast of each, and over the leaf a piece of bacon. Fasten with a skewer. Roast before a quick fire for about twenty minutes, basting well with butter. Remove the bacon and vine-leaves, brush over with good meat glaze. Serve on hot buttered toast, garnished with watereress. Serve with fried breadcrumbs and gravy.

## Boiled Rabbit and Soup.

1 rabbit.	½ lb. bacon.
1 carrot.	¼ lb. rice or 1 oz. cornflour.
1 onion.	2 quarts stock.
1 turnip.	Pepper and salt.
3 sticks of celery.	1 pint onion sauce (see p. 150).
1 clove.	Parsley.

(Rabbit enough for 5 or 6 persons. Soup enough for 6 or 7 persons.)

Wash and clean the rabbit, using a little salt to remove the blood; leave it in warm water to soak for half an hour. Prepare the vegetables and cut up the carrot, turnip and celery into dice. Stick the clove in the onion. Cut the bacon into thin slices, trim and take off the rind, roll up, thread on a skewer, and tie with string. Wash the rice. Truss the rabbit for boiling. Put the stock into a saucepan; when hot put in the rabbit and bacon, bring to boiling-point, skim well, add vegetables and rice. Simmer very slowly from one to one and a half hours, according to size of rabbit. Take out the rabbit, remove string, put on to a hot dish, coat with sauce, put the bacon round, and decorate with a few pieces of parsley. Serve at once. Pour the soup into a basin, removing the onion and clove. The next day remove all fat before warming it up, and if any rabbit is left, cut it into small pieces and serve in the soup.

## Fricassee of Rabbit.

1 rabbit.	2 yolks of egg.
1½ pints stock.	3 tablespoonfuls cream.
1 blade of mace.	Seasoning.
1½ oz. butter.	Parsley.
1½ oz. flour.	

(Enough for 6 or 7 persons.)

Cut up the rabbit, put into a saucepan with the cold stock and mace, stew till tender. Take out rabbit, strain the stock and make a sauce with it and the butter and flour, add

the rabbit. When thoroughly hot add the yolks of eggs mixed with the cream, season. Arrange the pieces of rabbit in a heap in the centre of a hot dish, coat with the sauce, and serve the rest in a tureen. Garnish with parsley.

### Jugged Rabbit.

1 large rabbit.	Pinch of powdered thyme.
Seasoned flour.	Parsley.
Butter or dripping.	Pepper and salt.
1 small onion.	1½ pints stock.
2 cloves.	½ wineglassfuls sherry.
1 bay-leaf.	Forcemeat balls (see p. 158).

*(Enough for 6 persons.)*

Wash the rabbit, dry well, cut it up in small joints. Dip the pieces in seasoned flour, and fry in butter or dripping. Put the cloves and onion, bay-leaf, thyme and parsley into the saucepan with the rabbit. Add pepper and salt, stock and sherry. Cover the pan, and simmer slowly from one and a half to two hours, according to size. Add a little thickening to the gravy. Cook well. Arrange the rabbit in centre of a hot dish, strain the gravy over, and put forcemeat balls round. If liked, a little red currant jelly may be added to the gravy.

### Ragoût of Rabbit.

½ lb. bacon.	1 carrot.
1 rabbit.	1 bay-leaf.
1½ oz. flour.	1 small onion.
Pepper and salt.	1 clove.
1 pint hot water or stock.	Forcemeat balls (see p. 153).

*(Enough for 5 or 6 persons.)*

Cut the bacon in thin slices, fry it in a stewpan. Cut up the rabbit, wash well, and dry in a cloth. Mix the flour with pepper and salt, and dip in the pieces of rabbit. Fry them in the fat from bacon, add the water, bring to boiling-point, skim, add the carrot, bay-leaf, onion, clove, and bacon. Simmer



gently for two hours. Mix the remainder of the flour with cold water, and add it to the stew, stirring well. Ten minutes before serving add the forcemeat balls. Arrange the rabbit in the centre of a hot dish, strain the gravy over, garnish with the bacon and forcemeat balls.

### Stewed Rabbit.

$\frac{1}{2}$ lb. bacon.	1 tablespoonful flour.
Veal stuffing (see p. 158).	Pepper and salt.
Rabbit.	Stock.

(Enough for 6 persons.)

Cut the bacon into pieces, put a layer in the bottom of a fire-proof china dish or deep pie-dish, then put in a layer of the forcemeat (not mixed with egg) about 1 inch. Cut the rabbit into small pieces, dip into the flour seasoned with pepper and salt, and pack closely in the dish; put another layer of forcemeat over, and then the rest of the bacon. Pour in sufficient hot stock to barely cover. Put on the lid of the dish or cover with a plate. Stew very gently in the oven for about three hours.

### Rabbit Pie.

1 rabbit.	Flour, pepper, and salt.
$\frac{1}{4}$ lb. ham.	Forcemeat balls (see p. 153).
2 hard-boiled eggs.	Rough puff or short crust.

Cut the rabbit and ham into small pieces, and the eggs into quarters. Dip the pieces of rabbit into flour, seasoned with salt and pepper, and fry them in butter or dripping. Place them in a pie-dish with the forcemeat balls, hard-boiled eggs, and ham. Add enough stock to rather more than half fill the dish. Cover with pastry. Bake for two hours.

## Boiled Turkey.

1 turkey.	Stock to cover.
1½ pints celeri sauce (see p. 149).	Boiled tongue or ham.

See directions for Boiled Fowl. Allow quarter of an hour to the pound, and quarter of an hour over. Simmer very gently. Put on a hot dish, coat with celeri sauce. Serve with tongue or ham and the rest of the sauce in a tureen, and suitable vegetables.

## Brown Fricassee of Turkey.

Remains of cold turkey.	1½ oz. butter.
1½ pints stock.	1½ oz. flour.

Cut the turkey into nice pieces, break up the bones, and put them into a saucepan with any trimmings there may be and the stock. Simmer for an hour or longer, strain off the stock, put the bones into the stockpot. Melt the butter in a saucepan, mix in the flour, stir over the fire until it has browned slightly, add enough stock to make a thick gravy, boil for five minutes, put in the pieces of turkey, and simmer very gently for half an hour, until the meat is thoroughly hot through. Season, pile on a hot dish, and garnish with spinach served on little rounds of toast, or boiled celeri.

## Roast Turkey.

1 turkey.	Salt.
Foremeat (see p. 157).	Dripping.
1 onion.	½ pint brown sauce (see p. 151).
1 pint stock.	1½ lb. sausages (fried).
10 peppercorns.	3 lb. ham or bacon.
2 bay-leaves.	1 pint bread sauce (see p. 151).

Turkeys should be hung for four or five days after they are killed. Pluck, draw, and singe. Stuff the breast with force-meat, and truss for roasting. Rub all over with an onion, cover the breast with white paper thickly spread with good

beef dripping. Put the giblets into a sauepan with the stock, ten peppercorns, two bay-leaves, and a little salt, and stew for making the gravy. Put the turkey into a hot oven, allowing a quarter of an hour to the pound, and a quarter of an hour over. After the first quarter of an hour cook the bird very gently, basting often. Thirty minutes before serving take off the paper, sprinkle with a little flour, put back into the oven, and keep it well basted until brown and frothy. Untruss, put it on a hot dish, pour off the fat in tin, sprinkle in some flour, let it brown over the fire, keeping it well mixed to get all the brown partieles from the tin. Add the stock from the giblets and the brown sauee, boil for five minutes. Strain a little round the turkey, garnish with the sausages. Serve with the ham, bread sauce, gravy, and suitable vegetables.

N.B.—The ham or baeon should be boiled for two hours, then put in the oven to brown. Brush over with glaze before serving.

### Suitable Garnishes for Various Dishes.

Roast Beef: Yorkshire pudding, horseradish sauce, gravy, cranberry sauee.

Roast Mutton: Onion sauee, baked suet pudding, red currant or damson jelly, gravy.

Roast Lamb: Mint sauee, gravy, salad.

Roast Pork: Apple sauee, sage and onions, gravy.

Roast Sucking-pig: Currant sauee, brain sauee, fig sauee, lemon.

Roast Veal: Rolls of bacon, stuffing, and tomato or brown sauee.

Roast Fowl: Bread sauee, gravy, rolls of baeon, fried sausages, salad.

Boiled Fowl: Egg sauee and cut lemon.

Roast Duck: Apple sauee, sage and onions, gravy, green peas.

Fried Fish : Quarters of cut lemon and any suitable sauce, fried parsley.

Boiled Fish : Fresh parsley, slices of lemon, and a suitable sauce, *e.g.* :

Cod : Oyster sauce, caper or egg sauce.

Haddock : Egg sauce.

Salmon : Lobster, cucumber, mousseline, mayonnaise, Hollandaise, or Tartare sauce.

Turbot : Shrimp or Hollandaise sauce.

Mackerel : Gooseberry sauce.

Herrings : Mustard sauce or piquante sauce.

Grilled Fish : Cut lemon and maître d'hôtel butter.

Boiled Beef : Vinaigrette or piquante sauce, boiled suet dumplings, carrots and turnips.

Boiled Mutton : Caper or nasturtium sauce, carrots and turnips.

Boiled Veal : Parsley sauce, carrots and turnips.

Boiled Salt Cod : Egg sauce and parsnips (both the yolk and the white of the egg should be cut into dice).

Calf's Head : Brain sauce, lemon, calf's tongue, bacon.

Game : Gravy, bread sauce, fried crumbs, watercress, a salad, potato chips, cranberry sauce, cranberry jelly, etc.

Wild Duck, Teal, etc. : Quarters of lemon, cayenne, orange or lemon salad.

## CHAPTER VI

### VEGETABLES AND SALADS

#### RULES FOR GREEN VEGETABLES.

1. CHOOSE freshly gathered vegetables.

2. Wash well ; cut leeks down one side, so that all grit can be easily removed. Soak cauliflowers and cabbages in salt and water to draw out the insects, cut across the stalks several times. Wash spinach in several waters—it is apt to be very gritty—remove the stalk and mid-rib from each leaf. Brush celery well, scrape the stalks of asparagus, and trim them evenly. Wash kidney beans well before cutting them up.

3. Burn all parings and waste vegetable matter if possible ; they quickly decay, and the gases given off are very poisonous. The water in which they are boiled should not be poured down the sink while it is hot.

4. Cook in plenty of boiling water with 1 oz. of salt to each gallon of water, and if the water is very hard a small piece of soda should be added. Exception : *spinach*, which is cooked without any soda, and only enough water to cover. It is very watery, and is often cooked in its own juices only, but is then rather dark in colour. *Peas* should have a little sugar and mint boiled with them, but no soda. *Cabbages* are more wholesome if blanched before cooking.

5. Put into boiling water, and cook with the lid off.

6. Bring to boiling-point as quickly as possible after they are put into the saucepan, and keep the water boiling fast. Skim well. *Peas* should be boiled slowly.

7. Try with a skewer or trussing-needle to see if they are tender.

8. Drain well. Cabbages and greens must be well pressed after draining. Cut them across before serving.

9. Serve as quickly as possible after they are cooked.

### RULES FOR ROOTS AND TUBERS.

1. Wash well, and prepare according to the vegetable. *Potatoes* should be scraped or peeled very thinly unless cooked in their skins; *carrots* should be scraped, *turnips* peeled thickly, *onions* skinned and blanched before cooking; *parsnips* scrubbed and cooked in their skins, removing them just before serving, and cutting the parsnips in quarters lengthways.

2. Put roots and tubers into boiling water, except old potatoes, which are put into cold.

3. Cook gently with the lid on. Skim well.

4. Try with a skewer or needle to see if cooked.

5. Potatoes should never be cut through. Young potatoes may have a little mint boiled with them.

### Globe Artichokes (Boiled).

4 or 5 artichokes.

$\frac{1}{2}$  pint Hollandaise sauce (see p. 149).

Trim the artichokes, and cook in boiling water with a little salt for forty-five to fifty minutes. Drain, put in a hot vegetable-dish. Serve with Hollandaise sauce.

### Boiled Artichokes.

2 lb. Jerusalem artichokes.

3 gills white or Hollandaise sauce.

Vinegar or lemon-juice.

Salt.

Well wash the artichokes, peel them thinly, and put into cold water with a little vinegar or lemon-juice. Cook gently in boiling water containing a little salt and vinegar. They take from twenty to fifty minutes. If young and tender, twenty minutes is long enough. When tender drain away the water, put artichokes in a hot dish, and pour over the sauce.

## Artichokes and Brussels Sprouts.

2 lb. Jerusalem artichokes.	2 gills milk.
1 lb. Brussels sprouts.	1 yolk of egg.
1 oz. butter.	Pepper and salt.
1 oz. flour.	1 teaspoonful lemon-juice.

Peel the artichokes and cook them till tender (see recipe for Boiled Artichokes); boil the sprouts. Make a sauce with the butter, flour, and milk; add yolk of egg, lemon-juice, and seasoning. Arrange artichokes in an entrée-dish in a circle, coat with the sauce, pile the sprouts in the centre. Thin down the sauce with a little more milk, strain it over the sprouts.

## Asparagus.

$\frac{1}{2}$  bundle of asparagus.  
Hollandaise sauce (see p. 149).

Wash and scrape the white part of the asparagus; retie it into bundles, and cut the stalks to an even length. Put it into a saucepan of boiling water with a little salt (the saucepan should be deep enough to take the bundles standing upright), cook gently for about half an hour, taking care not to break the heads. Drain, untie, dish on a slice of toast in a hot vegetable-dish. Serve the sauce separately.

## Pickled Beetroot.

2 or 3 beetroots.  
Pepper and salt.  
Vinegar.

Wash, and bake the beetroot in a slow oven for three or four hours till tender. Peel and slice thinly, arrange in a glass dish, sprinkling pepper and salt between each layer. Pour over a little vinegar. Leave for a few hours before serving.

## Beetroot with Potatoes.

2 beetroots.	Salt and pepper.
1 oz. butter.	Pinch of sugar.
2 onions.	1 tablespoonful vinegar.
1 dessertspoonful flour.	1 lb. mashed potatoes.
1 teacupful water.	

Wash the beetroots, and boil gently for two or three hours, or bake in the oven. Pare when cold, and cut into slices. Melt the butter, and fry the onions (sliced small) in it. Add the flour, and when smooth stir in the water; add salt, pepper, sugar, and vinegar. When this has boiled for a few minutes add the beetroot, simmer twenty minutes. Put in a hot vegetable-dish, arrange a border of potatoes round, and serve very hot.

## Brussels Sprouts.

1 lb. sprouts.	Salt.
Boiling water.	Pinch of sugar or soda.

Trim off the outside leaves, soak in salt and water for half an hour. Put into a saucepan of boiling water with a little sugar or soda and salt, skim well, boiling gently from fifteen to twenty minutes. Drain, and put in a hot vegetable-dish.

## Boiled Cabbage.

1 cabbage.	Salt.
Boiling water.	Soda.

Trim off the outside leaves, cut across the stalk, soak in salt and water for one hour. Plunge into boiling water to which has been added salt and a pinch of carbonate of soda. Bring to boiling-point, skim, and cook rapidly from twenty minutes to half an hour. Drain and press, put into a hot vegetable-dish, cut across into squares, and serve.



### Cabbage Mould.

1 lb. cold potatoes.  
1 lb. cold cabbage.  
2 oz. butter.

Pepper and salt  
Raspings.

Pass the potatoes through a sieve, cut up the cabbage into small pieces. Melt the butter in a saucepan, put in vegetables, pepper, and salt, mix well over the fire. Well butter a cake-tin, and sprinkle with raspings. Put in the mixture, pressing it well down. Put into a quick oven to bake for about fifteen minutes. Turn out into a hot vegetable-dish, and serve at once.

### Braised Carrots.

1 large bunch of carrots (young).  
Enough stock to cover.  
1 teaspoonful sugar.

Scrape the carrots, and put them into boiling stock with the sugar. Cook gently until tender with the lid on. Turn into a colander; put the stock back into the saucepan, and boil rapidly until reduced to about 1 gill. Put back the carrots, and when thoroughly hot turn into a vegetable-dish.

### Dish of Carrots and Peas.

3 lb. peas.  
1 bunch of carrots.  
 $\frac{3}{4}$  pint stock.  
1 oz. flour.

1 oz. butter.  
Salt.  
Sugar.

Boil the peas, prepare the carrots, and cut them into fancy shapes, cook them in the stock with a little sugar until tender. Pour off the stock, and put the carrots on a plate. Melt the butter in a saucepan, and stir in the flour till smooth; add the stock that the carrots were cooked in. Mix smoothly, cook well, add carrots and peas. When thoroughly hot turn into a vegetable-dish.

## Boiled Cauliflower.

1 cauliflower.  
Boiling water.  
Salt.

Soda.  
 $\frac{1}{2}$  pint white sauce.

Remove the outside leaves, cut across the stock, soak in salt and water for one hour. Put into boiling water with salt and soda, skim, and cook gently with the lid off from twenty to thirty minutes. Drain, press with a clean cloth, lift into a vegetable-dish. Pour the white sauce over, and serve.

## Cauliflower Fritters.

1 cauliflower.  
Salt.  
Fat for frying.

*Batter (see p. 189).*  
 $\frac{1}{4}$  lb. flour.  
Pinch salt.  
1 gill tepid water.  
1 tablespoonful oil or butter.  
White of 2 eggs.

After boiling the cauliflower, divide into neat pieces. Dip into the batter, and fry in deep fat. Drain on kitchen-paper, pile on a hot vegetable-dish, and serve very hot.

## Cauliflower au Gratin.

1 cauliflower.  
 $1\frac{1}{2}$  oz. grated cheese.  
 $\frac{1}{2}$  pint white sauce.

Cayenne.  
2 teaspoonfuls raspings.

Boil the cauliflower (see above), put into a hot dish; mix 1 oz. of the cheese with the sauce and a pinch of cayenne, pour it over the cauliflower. Sprinkle with the rest of the cheese and the raspings. Put in the oven for a few minutes before serving.

## Cauliflower with Mushroom Sauce.

1 cauliflower.  
6 rounds of buttered toast.  
1 dessertspoonful chopped parsley.  
6 mushrooms.  
1 oz. butter.

1 oz. flour.  
 $\frac{1}{2}$  pint white stock.  
2 yolks of eggs.  
Juice of  $\frac{1}{2}$  lemon.  
A little grated nutmeg.

*(Sufficient for 6 people.)*

Soak and wash the cauliflower, take six fine sprigs of it, cook them in boiling water with a little salt till tender. Take out and place on the buttered toast, coat with the following sauce, and garnish with chopped parsley.

*Sauce.*—Skin and chop the mushrooms finely, melt the butter in a saucepan. Stir in the flour, add the stock, stir until boiling; add the mushrooms, cook ten or fifteen minutes, then add the lemon-juice, nutmeg, and yolks of eggs. Mix well, and season with pepper and salt.

## Celery with Tomato Sauce.

2 heads of celery.  
Stock to cover.  
Egg and crumbs.

Fat for frying.  
3 gills tomato saucc.

*(Sufficient for 6 or 7 persons.)*

Well wash the celery, cut off the tops, leaving about 5 inches on to the root end. Divide this root end lengthways into four pieces; cook in boiling stock until tender; drain and dry in a cloth, brush over with egg, roll in breadcrumbs, and fry in deep fat. Put into an entrée dish and pour over the tomato sauce.

## French Beans.

1 lb. French beans.  
1 teaspoonful sugar.  
 $\frac{1}{2}$  oz. butter.

String the beans and slice them finely, put them into a small stew-jar or gallipot with the sugar and butter, cover

with a buttered paper, stand in a saucepan of boiling water, cook from thirty to forty minutes. Serve in a hot vegetable dish.

### Green Peas Boiled.

Peas.		Sprig of mint.
Pinch of salt.		A little sugar.
Boiling water.		Butter.

Shell the peas and put them into a saucepan of boiling water with a little salt, mint, and sugar; bring to boiling-point, skim, and cook gently with the lid off for about twenty minutes. Drain them, put back into the saucepan with a little butter, then turn into a hot vegetable-dish.

### Haricot Beans with Parsley Sauce.

1 lb. haricot beans.		$\frac{1}{2}$ pint parsley sauce.
$\frac{1}{2}$ oz. butter or dripping.		Pinch of carbonate of soda.

Wash the beans and soak them for twenty-four hours in cold water and a pinch of carbonate of soda. Put them into a saucepan with the butter or dripping and fresh water to cover; cook gently for four hours. Pour away the water, add the parsley sauce, cook for a few minutes. Turn into a hot dish.

### Boiled Spanish Onions.

6 Spanish onions.
1 pint white sauce.

Skin the onions, put into boiling water with a little salt, and cook for two or three hours, according to size. Pour off the water, add the sauce, simmer for a few minutes. Turn into a hot dish.

### Roasted Onions.

3 Spanish onions.
$1\frac{1}{2}$ oz. butter.

Skin the onions and boil until tender; melt the butter in a saucepan, let it get very hot, put in the onions and roast until brown. Serve on a hot dish with the butter poured over them.

### New Potatoes (Boiled).

2 lb. new potatoes.  
Sprig of mint.  
Salt.

Boiling water to cover.  
1 oz. butter.

Serape the potatoes, putting them into cold water. Put into a saucepan of boiling water with the salt and mint, skim, cook very gently from twenty to thirty minutes. Strain, return to the saucepan with the butter. When melted turn into a hot vegetable-dish, removing the mint.

### Old Potatoes (Boiled).

2 lb. potatoes.  
Cold water.  
Salt.

Peel the potatoes thinly, put into the water, bring to boiling-point, skim, add salt. Put on the lid, cook gently for twenty minutes. Pour off the water, put back on the stove with the lid on the saucepan to steam for ten minutes, take off the lid, put a clean cloth on the top, and dry for a few minutes. Put into a hot vegetable dish.

### Potato Balls.

1 oz. butter.  
2 teaspoonfuls milk.  
 $1\frac{1}{2}$  lbs. potatoes (cooked).  
2 eggs.

Salt and pepper.  
Breadcrumbs  
Fat for frying.

Put the butter and milk into a saucepan, and when hot put in the potatoes (rubbed through a sieve), the yolks of eggs, pepper and salt if needed; stir over the fire till the potatoes are hot and the eggs cooked. Divide into equal portions, make into balls. Brush over with the white of egg, roll in crumbs. Fry in deep fat. Drain, and serve at once.

## Potato Border.

Prepare the potatoes as for 'Potato Balls.' Make into a roll of about 1 inch in diameter, place on a hot dish in an oval or circular shape as required. Join neatly, smooth with a knife, and mark the outside with a wooden meat skewer. To glaze, brush over with egg and put in the oven for a few minutes to brown.

## Potato Chips.

Potatoes.  
Fat for frying.  
Salt.

Peel the potatoes thinly and cut into oblique slices about  $\frac{1}{8}$  inch thick ; cook in hot fat for a few minutes ; take out, and put into another pan of smoking-hot fat to brown. Drain on paper, sprinkle with salt, and serve at once.

N.B.—It is better to have two saucepans of fat for this.

## Potato Ribbons or Blocks.

Proceed as in above recipe, only cutting the potatoes accordingly.

## Creamed Potatoes.

1 pint milk.  
 $1\frac{1}{2}$  oz. flour.  
Pepper and salt.  
2 oz. butter.

2 lbs. cooked potatoes.  
2 teaspoonfuls chopped parsley  
or 2 oz. ham (cut up).

Mix flour with a little of the cold milk, put the rest of the milk on to boil, and when boiling stir in the flour ; cook well ; season with pepper and salt, add butter and ham if used. Cut potatoes into slices, put into the saucepan, cover over, leave until thoroughly hot, add parsley if used. Turn out into a hot dish.

## Fried Potatoes.

Cold boiled potatoes.  
Butter or dripping.  
Pepper.

Cut the potatoes into large pieces, sprinkle with pepper, put the butter or dripping into a frying-pan ; when smoking hot put in the potatoes, leave for a few minutes until brown, then shake the pan and keep potatoes well turned about with a knife until the pieces are nicely browned all over. Turn into a hot dish.

## Potatoes for Garnish (No. 1).

1½ lb. cooked potatoes.	2 yolks of egg
1 oz. butter.	Salt.
2 teaspoonfuls milk.	Pepper.

Rub the potatoes through a sieve, put the butter and milk into a saucepan, and when hot put in potatoes and yolks of eggs ; stir over the fire till eggs are cooked, season. Put into a foreing-bag with a large rose foreer at the end, foree into shapes on a buttered baking-sheet, bake for five or ten minutes. These can be used for garnishing a miroton of beef, etc.

## Potatoes for Garnish (No. 2).

Ingredients as in No. 1.

Prepare the mixture in the same way, make into twelve little loaves, put on a buttered tin, brush with yolk of egg. Bake for five minutes in a quick oven.

## Potato Mould.

Raspings.	2 teaspoonfuls milk.
1 oz. butter.	Salt.
1½ lb. cooked potatoes.	Pepper.
2 yolks of egg.	2 teaspoonfuls chopped parsley.

Well butter a moukl and sprinkle with raspings ; melt the butter in a saucepan, add potatoes (rubbed through a sieve),

milk, and yolks of eggs. Stir over the fire till the eggs are cooked, add parsley, season well, and fill the mould with this. Bake for about half an hour, turn into a hot dish, and serve at once.

### Sauté Potatoes.

1 lb. potatoes.  
2 oz. butter.

Cut the potatoes into shapes and parboil them with a little salt; let the butter get hot, put in the potatoes and cook them in the butter until a nice golden colour; strain and serve.

N.B.—If new potatoes are used they may be cut into quarters lengthways.

### Scalloped Potatoes (No. 1).

2 lb. potatoes.		Salt, pepper, flour.
2 oz. butter.		Milk.

Pare the potatoes thinly and cut into thin slices, butter a pie-dish, put in a layer of potatoes, sprinkle with salt, pepper, and flour, and put little pieces of butter over. Put another layer of potatoes, salt, pepper, and flour and butter. Repeat this till all are used. Pour over barely enough milk to cover, bake in a moderate oven for an hour and a half, covered closely. Serve in the dish or turn out, as preferred.

### Scalloped Potatoes (No. 2).

2 lbs. cold potatoes.		2 gills milk.
1 oz. butter.		Pepper and salt.
1 oz. flour.		2 teaspoonfuls chopped parsley.

Slice the potatoes, make a sauce with the butter, flour and milk, season. Butter a pie-dish, put in a layer of potatoes and a little sauce, sprinkle with parsley, then another layer of potatoes, sauce and parsley, and so on till the dish is full. Cover and bake for half an hour.



### Boiled Rice.

$\frac{1}{2}$ lb. Patna rice.	3 teaspoonfuls salt.
3 teaspoonfuls vinegar or lemon-juice.	3 quarts boiling water.

Well wash the rice, put it into boiling water with salt and vinegar, bring to boiling-point, skim. Boil rapidly for fifteen minutes with the lid off, pour off the water and fill up the saucepan with boiling water until it looks clear. Turn into a colander, and place over a saucepan containing a little boiling water, cover with a plate, and leave until ready to serve.

### Rice Border.

Boil the rice as above. Drain and press it into a well-buttered border-mould or cake-tin. Steam for twenty minutes. Turn on to a hot dish.

### Boiled Rice with Tomato Sauce.

$\frac{1}{2}$ lb. Patna rice.	Boiling water.
Salt, vinegar or lemon-juice.	$\frac{1}{2}$ pint tomato sauce.

Well wash the rice and boil it, as in previous recipe; strain, put into a hot vegetable-dish, and pour the hot sauce over.

### Spinach Savouries.

2 lb. spinach.	Pepper and salt.
$\frac{1}{2}$ oz. butter.	10 small rounds of toast.
$\frac{1}{2}$ gill cream.	1 hard-boiled egg.

Pull off the stalk and mid-rib of each leaf, wash well, put into a saucepan with enough boiling water to cover, add salt; cook for ten minutes; turn into a colander, but do not press; pass through a mincing machine, putting in a small piece of crumb of bread every now and then to absorb the moisture; return to the saucepan, add the butter, cream, and pepper. When thoroughly hot arrange on the toast in a pyramid shape and decorate with the hard-boiled egg, the white of which should be chopped very finely and the yolk rubbed through a

sieve. For a simple dish of spinach the cream may be omitted and the whole piled in a hot vegetable-dish, with the hard-boiled egg cut into slices.

### Boiled Turnips.

2 lb. turnips.  
1 oz. butter.  
Pepper and salt.

A little cream.  
Boiling water.

*(Enough for 5 persons.)*

Peel the turnips, put into boiling water with a little salt, skim; cook gently for forty minutes; strain on a sieve, press well, and then rub through the sieve on to a plate. Return to the saucepan, add butter, salt, cream and pepper. Let them get thoroughly hot and serve.

### Vegetable Flan.

2 lb. mixed vegetables.  
Bunch of herbs.  
Seasoning.  
Stock.

1 teacupful milk.  
4 eggs.  
Grated cheese (if liked).  
Demi glaze.

*(Sufficient for 4 or 5 persons.)*

Prepare and cut up the vegetables, cook them in the stock with the herbs till quite tender, strain, add the milk, and allow it to cool. Mix in the yolks and whites well whisked. Turn into a cake-tin which has been buttered and thickly coated with breadcrumbs and cheese. Bake in a moderate oven about half an hour. Serve with a little glaze poured round.

### POINTS TO BE REMEMBERED IN MAKING SALADS.

1. Use the best oil—Provence is one of the best.
2. Be very sparing with vinegar. The white wine is the best to use, and tarragon and chili vinegars are good for flavouring.
3. Green vegetables to be torn up, when possible, not cut.
4. Lettuces and cress to be well washed in salt and water, and dried thoroughly.

### Salad Dressing.

1 raw egg.	2 teaspoonfuls sugar.
$\frac{1}{2}$ teaspoonful mustard (mixed).	1 tablespoonful cream.
Pepper and salt.	$\frac{1}{2}$ teacupful vinegar.

Beat up the egg, add the mustard, pepper, salt, and sugar, mix well, then add the cream and vinegar.

### Salad.

3 small cabbage lettuces.	$\frac{1}{2}$ small cucumber.
2 tomatoes.	Mayonnaise sauce or salad
1 hard-boiled egg.	dressing.

Well wash the lettuces in salt and water, and leave to drain. Skin the tomatoes and cut the cucumber into thin slices. Take all but the hearts of the lettuces, and tear into small pieces, put into a salad-bowl and pour the mayonnaise over. Arrange the hearts round, and decorate with slices of tomato, egg, and cucumber roses. Part of the egg may be rubbed through a sieve and sprinkled over.

### Beetroot Salad.

1 beetroot (cooked).	Small cress.
1 white of egg (hard-boiled).	Salad dressing.

Slice the beetroot thinly, cut into quarters, pile half in a salad-bowl, pour over the dressing, pile rest of beetroot on the top. Sprinkle over white of egg (passed through a sieve or chopped) and decorate with the cress.

### Cauliflower Salad.

1 small cauliflour.	$\frac{1}{2}$ gill mayonnaise sauce (see
1 hard-boiled egg.	p. 153).
	2 tomatoes.

Boil the cauliflower from fifteen to twenty minutes. Remove all green leaves and divide into pieces. Chop the white of egg, and pass the yolk through a sieve. Arrange the

cauliflower in a heap in centre of a dish, pour the sauce over, garnish round the base with white of egg, and sprinkle the yolk over the top. Decorate with the tomatoes cut into pieces.

### Celery Salad.

Celery.

Tomatoes.

Mayonnaise sauce (see p. 153).

Skin the tomatoes and cut them up. Cut up the celery, using only the best part, put it into the salad-bowl, pour over the sauce, and decorate with the tomato.

N.B.—This is nice to serve with cold boiled turkey.

### Egg Salad.

5 hard-boiled eggs.

Cress for garnishing.

Salt and pepper.

Mayonnaise sauce (see p. 153).

Remove shells from the eggs, cut four of them in slices, and arrange on a salad-dish. Sprinkle them with pepper and salt, coat with mayonnaise sauce, garnish with cress, decorate with the remaining yolk passed through a sieve and the white chopped finely.

N.B.—Allow one egg for each person and one for garnishing.

### Green-pea Salad.

2 lb. peas.

$\frac{1}{2}$  gill mayonnaise sauce (see  
p. 153).

3 Tom Thumb lettuces.

3 tomatoes.

Boil the peas with a little mint in the water; when cold mix them with the mayonnaise sauce. Prepare the lettuces, keep the hearts and a few of the palest leaves for decorating. Tear up the rest, put them in a salad-bowl, arrange a border of the hearts and leaves on the top. Pile the peas in the centre, skin and slice the tomatoes, and arrange in a ring round the peas.

## Lettuce and Radish Salad.

3 lettuces (French).	1 teaspoonful tarragon vinegar.
1 bunch turnip radishes.	2 teaspoonfuls sugar (castor).
1½ tablespoonfuls oil.	Seasoning.
1½ tablespoonfuls malt vinegar.	

*(Sufficient for 6 persons.)*

Well wash and dry the lettuces, reserve some of the best leaves for decorating, tear up the rest, put them into a salad-bowl with some of the radishes cut up thinly. Pour over the dressing made of the oil, sugar, seasoning and vinegars; mix together. Decorate with the lettuce-leaves, and cut the radishes into shapes to represent flowers as follows: Trim off some of the green, scoop out a little from the centre of root end, and cut the radish finely lengthways (from root to green) to represent petals.

## Lemon Salad.

2 lemons.	1 teaspoonful tarragon vinegar.
Salt and pepper.	1 tablespoonful white wine
1 dessertspoonful castor-sugar.	vinegar.
2 tablespoonfuls salad-oil.	Cress.

*(Sufficient for 4 people.)*

Peel the lemons, removing all the white, slice them thinly and arrange on a salad-dish. Sprinkle them with salt, pepper and sugar, and let them stand for one hour. Garnish with well-washed cress. Mix the oil and vinegars together, and pour over the salad.

## Orange Salad.

2 or 3 oranges.	1 tablespoonful white-wine
1 teaspoonful castor-sugar.	vinegar.
Pepper and salt.	1 teaspoonful tarragon vinegar.
2 teaspoonfuls salad-oil.	Cress.

Skin and remove all white from the oranges, cut them into slices and arrange on a dish. Sprinkle with sugar, salt and

pepper, and let it stand one hour or longer. Mix the oil and vinegars, and pour over the oranges. Decorate with cress.

### Potato Salad (1).

b. new potatoes (cooked).	1 teaspoonful mint (finely chopped).
tablespoonfuls white - wine vinegar.	1 gill mayonnaise sauce (see p. 153).
2 teaspoonfuls tarragon vinegar.	1 hard-boiled egg.
1 shallot finely chopped.	Pennyworth of cress.
2 teaspoonfuls sugar.	
Pepper and salt.	

Cut the potatoes into pieces. Mix the vinegars, shallot, sugar, seasoning and mint together, and pour it over the potatoes. Leave them in this pickle for one hour or longer. Take them out and arrange them on a salad-dish in a pyramid shape, pour over the mayonnaise sauce. Garnish with a border of cress and white of egg chopped finely. Rub the yolk through a sieve and sprinkle over the top of potatoes.

### Potato Salad (2).

- 1½ lb. new potatoes.
- ½ gill mayonnaise sauce.
- 1 handful mustard and cress.

Scrape the potatoes, and cook until just tender. When cold cut into dice. Wash the cress. Mix the sauce with the potatoes and pile them in a salad-bowl. Arrange the cress round.

### Tomato and Lettuce Salad.

- 1 lb. tomatoes.
- 3 lettuces.
- Mayonnaise sauce (see p. 153).

Well wash the lettuces in salt and water, then pick out the best for decoration. Tear up the rest and put into a salad-bowl; pour the mayonnaise over. Cut the tomatoes nearly

through into quarters, lay them on the lettuce, arranging the pieces picked out for decoration round.

### Vinaigrette Salad Dressing.

2 tablespoonfuls oil.

1 tablespoonful white wine  
vinegar.

1 teaspoonful tarragon vinegar.

$\frac{1}{2}$  teaspoonful sugar.

Salt and pepper.

Mix all well together.

## CHAPTER VII

### SMALL SAVOURY DISHES

#### Anchovies and Olives.

TURN the olives, spread some round croûtons with anchovy paste. Put an olive in the centre of each. Curl a fillet of anchovy round. Decorate with anchovy butter.

#### Anchovies on Toast.

Spread some oblong croûtons with anchovy paste. Put half a boned anchovy on each. Coat with Hollandaise sauce, sprinkle with cayenne, bake ten minutes. Serve very hot.

#### Bloater Savouries.

Toast the bloater, remove the bones, and pound the fish with 1 oz. butter, season and rub through a sieve. Spread the paste on some oval croûtons. Cut a small piece of roe (soft), dip in butter (melted), place on the top of each, bake ten minutes. Serve very hot.

#### Brain Fritters.

1 calf's brains.

Frying batter, No. 1 (see p. 189).

Wash the brains and tie them in muslin. Cook in boiling stock for fifteen minutes. Divide into pieces, dip in the batter, fry in deep fat. Dish on a lace-paper. Garnish with fried parsley and cut lemon. Serve at once.



### Cheese Savoury.

2 oz. butter.	Salt, pepper, cayenne.
2 small eggs.	$\frac{1}{2}$ lb. puff pastry.
2 oz. grated Cheddar cheese.	1 oz. Parmesan.

Cream the butter, add the eggs (well beaten), the cheese and seasoning. Spread between two thin layers of pastry, cut into shapes, and bake in a quick oven. Serve on a d'oyley, and sprinkle with grated Parmesan.

### Cheese Straws.

1 oz. Parmesan cheese.	Cayenne and white pepper.
2 oz. Cheddar cheese.	Salt.
2 oz. flour ( $2\frac{1}{2}$ oz. in summer).	Yolk of 1 egg.
2 oz. butter.	2 teaspoonfuls water.

(Enough for 4 or  $4\frac{1}{2}$  dozen straws.)

Grate the cheese into a basin, add the flour, and rub in the butter. Add salt and pepper. Make into a stiff dough with the egg and water. Turn on to a floured board, and roll out very thinly. Cut into very thin strips about four inches long and bake a very pale brown.

### Cod's Roe.

$\frac{1}{2}$  lb. cod's roe (hard).  
Egg and breadcrumbs.

Wash the roe and boil for forty minutes, dry, and press between two plates. Cut into slices, coat with egg and breadcrumbs, fry in deep fat. Garnish with parsley and lemon. Serve immediately.

### Anchovy Eggs.

3 hard-boiled eggs.	Cayenne and salt.
1 tablespoonful anchovy paste.	Watercress.
$1\frac{1}{2}$ oz. butter.	Brown bread-and-butter.

(Enough for 6 persons.)

Cut the eggs through the middle and remove the yolks. Mix the yolks of eggs, the anchovy paste, cayenne, salt, and a

few leaves of the watercress; rub through a sieve. Put a little of the mixture in each white, in a pyramid shape. Serve on squares of brown bread-and-butter with a little salad.

### Eggs with Cream Sauce.

6 eggs.	1 teaspoonful chopped parsley.
6 croûtons.	6 rolls of fried ham.
$\frac{1}{2}$ pint béchamel sauce.	

(Enough for 6 persons.)

Poach the eggs, trim them, and place on the croûtons on a hot dish. Pour the béchamel sauce over them and arrange the rolls of ham round the dish. Decorate with a little chopped parsley.

*To poach an Egg.*—Break the egg into a teacup. Have a frying-pan half full of boiling water, season with salt and a little lemon-juice, put in the egg carefully, draw the pan off the fire, and cook very gently until the egg is set. Lift it out with a fish-slice, trim the edges, and put it on a round of hot buttered toast.

### Buttered Eggs.

3 eggs.	1 tablespoonful milk.
A pinch of salt, pepper, and cayenne.	1 oz. butter.
	Rounds of hot buttered toast.

(Enough for 2 or 3 persons.)

Beat up the eggs, add the salt, pepper, cayenne, and milk, put into a saucepan with the butter, stir over the fire until it begins to thicken. Put on to the toast and serve at once.

### Sardine Eggs.

4 eggs.	$\frac{3}{4}$ oz. butter.
4 sardines.	$\frac{1}{2}$ teaspoonful chopped parsley.
Pepper and salt.	Watercress.

(Enough for 8 savouries.)

Boil the eggs hard, take off the shells, cut them in halves, and slice a little piece from each end to make them stand steadily. Remove the yolks, skin and bone the sardines, add

them to the yolks, butter, parsley, pepper, and salt. Rub all through a sieve and fill up the centres of the eggs. Arrange on watercress and serve.

### Scrambled Eggs.

1½ oz. butter.	½ teaspoonful chopped parsley.
3 eggs.	½ teaspoonful chopped shallot.
Pepper, salt, cayenne.	Hot buttered toast (cut in
3 tablespoonfuls cream.	small pieces).

*(Enough for 1 or 2 persons.)*

Put the butter into a saucepan, and when melted add all the other ingredients. Stir over the fire until it begins to thicken. Put on to the hot toast and serve at once.

### Eggs with Tomatoes.

4 tomatoes.	6 eggs.
1 oz. butter.	Pepper, salt, and cayenne.
1 shallot (chopped finely).	A slice of hot buttered toast.

*(Enough for 4 persons.)*

Skin tomatoes and cut into pieces. Melt the butter in a frying-pan, cook shallot in it for a few minutes, add tomatoes, cook; add eggs (whole) and seasoning. When the eggs begin to set stir well, when cooked turn into a hot dish in which you have placed the toast. Serve at once.

### Ham Toast.

1½ oz. butter.	½ teaspoonful chopped parsley.
3 eggs.	Pepper, salt, cayenne.
3 oz. lean ham.	Rounds of buttered toast.
A pinch of sweet herbs.	

*(Enough for 2 or 3 persons.)*

Put the butter into a saucepan, add eggs, chopped ham, herbs, parsley, and seasoning. Cook till it thickens. Put on the toast and serve at once.

### Little Cases of Kidney.

7 small boats of bread.	Pepper and salt.
2 sheep's kidneys.	3 tablespoonfuls Hollandaise
$\frac{1}{4}$ teaspoonful chopped shallot.	sauce (see p. 149).
$\frac{1}{2}$ oz. butter.	1 teaspoonful chopped parsley.

*To prepare the Cases.*—Cut the bread into diamond shapes, hollow out the centre, dip in milk, brush with egg, roll in breadcrumbs, and fry in deep fat.

Skin and cut the kidneys into small pieces, put them into a saucepan with the shallot and butter, cook lightly, add pepper and salt; fill the cases with this. Coat with Hollandaise sauce, sprinkle with chopped parsley. Serve hot.

### Kidney Toast.

2 sheep's kidneys.	Yolk of 1 egg.
Pepper, salt, cayenne.	A little lemon-juice.
1 oz. butter.	Some slices of hot buttered toast.

(Enough for 2 or 3 persons.)

Skin and chop the kidneys, season with pepper, salt, and cayenne. Cook lightly in the butter, add the yolk and lemon-juice. Put on to the toast and serve at once.

### Macaroni Cheese.

$\frac{1}{4}$ lb. Naples macaroni.	$\frac{1}{2}$ pint milk.
$1\frac{1}{2}$ oz. butter.	Cayenne, salt, and pepper.
1 oz. flour.	4 oz. grated cheese.

(Enough for 5 or 6 persons.)

Put the macaroni, broken up into 1 inch lengths, into boiling salt and water, and boil for about twenty minutes. Melt the butter, add flour, mix; add milk gradually, mixing smoothly. Let it boil for five minutes, season, add half of the cheese; add the macaroni (strained), mix, put into a buttered pie-dish, sprinkle over the rest of the cheese, a few crumbs and a little butter. Bake till slightly brown.

## Macaroni Cutlets.

2 oz. cooked macaroni.  
1 oz. flour.  
1 oz. butter.  
1 gill milk (barely).

2 oz. grated cheese.  
Cayenne, salt, and pepper.  
1 egg.  
Breadcrumbs.

*(Enough for 6 cutlets.)*

Break up the macaroni, make a panada of the butter, flour, and milk, and put aside to cool. Put the cheese and macaroni into the saucepan with the panada, season with pepper, salt, and cayenne, mix well and put on to a buttered plate to cool. Divide into equal portions and make into cutlet shapes. Egg, and crumb, and fry in deep fat. Stick a stalk of parsley into the end of each cutlet, and dish them in a circle on a laced paper, and garnish with fried parsley.

## Stuffed Mushrooms.

1 lb. mushrooms.  
Slices of hot buttered toast.  
 $1\frac{1}{2}$  oz. butter.  
 $\frac{1}{2}$  oz. ham (chopped).  
 $\frac{1}{2}$  teaspoonful chopped onion.

1 teaspoonful chopped parsley.  
Pepper and salt.  
2 oz. breadcrumbs.  
1 yolk of egg.  
 $1\frac{1}{2}$  tablespoonfuls good gravy.

*(Enough for 5 or 6 persons.)*

Peel the mushrooms, trim the stalks, pick out the best ones, chop the broken ones up. Fry the onion, ham, and chopped mushrooms in the butter for a few minutes, add the parsley, seasoning, breadcrumbs, yolk of egg, and gravy; mix together and stuff the mushrooms, letting the mixture come high against the stalk in pyramid shape. Bake for about ten minutes until mushrooms are tender. Put a few breadcrumbs in the oven to get a pale golden colour; when mushrooms are baked, sprinkle over the crumbs, and place them on small squares of hot buttered toast. Serve very hot.

## Baked Spanish Onions.

3 Spanish onions.	$\frac{1}{2}$ gill stock.
3 oz. butter.	1 teaspoonful salt.
$\frac{1}{2}$ oz. flour.	$\frac{1}{4}$ teaspoonful pepper.

Skin and boil the onions for an hour, take them out and put them into a pie-dish. Pour away the water, put the butter into the saucepan, stir in the flour and stock, season, and bring to boiling-point. Pour this over the onions, and bake them in the oven for an hour.

## Stuffed Onions.

3 Spanish onions.	Pepper and salt.
3 tablespoonfuls breadcrumbs.	$\frac{1}{2}$ teaspoonful lemon-juice.
3 tablespoonfuls cold meat (minced).	$\frac{1}{2}$ oz. dripping.
	3 teaspoonfuls grated cheese.

Peel the onions, put in boiling water with a little salt, cook for an hour or longer if the onions are very large. Take out the centres and stuff with the above ingredients mixed together and the centre of the onion minced, sprinkle with grated cheese. Put into a hot oven for twenty minutes and baste with the dripping. Serve very hot.

## Potted Fish.

1 large dried haddock.	Pepper.
1 small jar unsalted anchovy paste.	Cayenne.
	6 oz. butter.

Bake the haddock with a little butter in the oven, separate it from the bones and skin. Pass the fish through a mincing-machine, melt 4 oz. of the butter in a saucepan, add the fish and anchovy paste, mix well, season. Put into potted meat jars, cover with the rest of the butter (clarified). This will keep some days.

### Potted Lobster.

$\frac{1}{2}$ lb. lobster or 1 tin.		Pepper, salt, cayenne.
1 oz. butter.		Clarified butter.

Pass the lobster through a mincing-machine, melt the butter, add lobster and seasoning, mix well. Put into potted meat jars, cover with clarified butter.

### Potted Meat (1).

$1\frac{1}{2}$ lb. good beefsteak.		Pinch of ground cinnamon and mace.
$\frac{1}{2}$ lb. lean ham.		Pepper, cayenne, and salt.
2 cloves.		2 oz. butter.

Cut up beef and ham, removing skin, fat, and gristle. Put in a stew-jar with the cloves, cinnamon, mace, salt, pepper, and cayenne, cover with cold water; put in the oven and stew very slowly until tender, stirring occasionally. Strain the gravy into a basin, pass the meat through a mincing-machine twice, put it into a basin, add the butter (melted) and thick part of the gravy, beat well, season to taste. Put into potted meat jars and cover with clarified butter.

### Potted Meat (2).

1 lb. cold pickled beef.		1 teaspoonful essence of anchovy.
1 oz. butter (melted).		
Pepper and cayenne.		$\frac{1}{4}$ teaspoonful mace.

Remove all gristle and outside from the meat, pass through a mincing-machine with a little of the fat, pound it well with the butter, add pepper, cayenne, mace, and anchovy. Press well into a mould. If not to be used at once, pour a little butter over.

### Potted Salmon.

1 lb. cold salmon.		Pepper, salt, cayenne.
1 oz. butter.		Clarified butter.

Remove all skin and bones and pass through a mincing-machine, melt the butter, add the fish and seasoning, mix

well. Put into potted meat jars and cover with clarified butter.

### Potted Shrimps.

$\frac{1}{2}$ lb. shelled shrimps.		Pepper, salt, cayenne.
1 oz. butter.		Clarified butter.

Pass the shrimps through a mincing-machine, melt the butter, add shrimps and seasoning, mix well. Put into potted meat jars and cover with clarified butter.

### Salt Sticks.

2 oz. flour.		Rock salt.
1 oz. butter.		Water to mix.
1 teaspoonful salt.		1 yolk of egg.

Rub the butter into the flour, add a teaspoonful of salt, and mix to a stiff paste with cold water. Roll out, cut into strips. Roll these, put on a buttered baking-sheet, and bake till crisp. Brush over with yolk of egg and roll in coarsely-ground salt. Tie into bundles with narrow ribbon and serve on a laced paper.

### Sardine Fingers.

3 oz. sardines.		2½ oz. butter.
$\frac{1}{2}$ lb. watercress.		Brown bread.
2 hard-boiled eggs.		Salt, pepper, cayenne.

Take skin and bones from the sardines, put into a mortar with the yolks of eggs, butter, pepper, salt, and cayenne, pound well, and rub through a sieve. Cut some thin slices of brown bread and butter, and slightly spread them with the sardine mixture, and sprinkle over a little chopped watercress, cover with another slice of bread and butter, and butter the top side slightly, sprinkle with chopped white of egg, and cut into strips. Dish on a laced paper and decorate with watercress.



## Stuffed Tomatoes.

6 tomatoes.	A little nutmeg.
3 mushrooms.	2 tablespoonfuls breadcrumbs.
$\frac{1}{2}$ shallot.	Pepper and salt.
$1\frac{1}{2}$ oz. cooked ham or tongue.	1 tablespoonful raspings.
$\frac{1}{2}$ oz. butter.	1 teaspoonful grated cheese.
1 teaspoonful chopped parsley.	6 croûtons.

*(Enough for 6 persons.)*

Remove inside from the tomatoes, rub it through a sieve, chop mushrooms, ham, and shallot. Cook the shallot and mushrooms in the butter for a few minutes, then add ham, parsley, nutmeg, breadcrumbs, pepper, salt, and inside of tomatoes. Fill the tomatoes with this, letting the mixture come up above the top. Mix the cheese and raspings together and sprinkle over the top. Bake for ten minutes. Put on the croûtons and serve.

## Tomato Toast.

3 tomatoes.	Rounds of hot buttered toast.
1 egg.	Pepper, salt, cayenne.
1 oz. butter.	$\frac{1}{2}$ teaspoonful sugar.

*(Enough for 2 or 3 persons.)*

Cut the tomatoes in thick slices and cook in the butter, season with pepper, salt, cayenne, and sugar; add egg, and cook till it thickens. Put on the toast and serve at once.

## CHAPTER VIII

### SAUCES, FORCEMEATS, AND FLAVOURING BUTTERS

#### *SAUCES.*

A SAUCE is a liquid seasoning which always contains some kind of a liaison. It differs from a gravy in that a gravy is transparent, and osmazome forms its characteristic flavour.

The art of sauce-making consists in preparing liquids from the various ingredients employed, and cleverly blending the various flavours.

Sauces may be divided into two kinds, viz. :

- a.* Plain sauces, or those which are quickly prepared.
- b.* Rich sauces, or those which require much preparation.

Sauces are thickened by means of a liaison, which is a thickening or binding.

Liaisons may be of several kinds :

1. Roux, which may be white, fawn or brown.
2. Egg liaisons, consisting of yolks of eggs and cream.
3. Butter and cream.
4. Farinaceous products, as flour, cornflour, etc.

Sauces should be cooked for some time, so as to extract the flavour of the different ingredients. Overcooking, however, renders a sauce oily, but if a teaspoonful of cold water is added its original consistency will be restored.

When adding hot liquid to a sauce use a whisk, and so avoid the formation of lumps.

Espagnole and béchamel sauce are known as foundation sauces. From espagnole we derive the brown sauces, and from béchamel the white sauces.

## COMPOSITION OF SAUCES.

Fats.	Thickening.	Liquids.	Flavouring.	Seasoning.
Clarified fat. Dripping. Lard. Oil. Butter.	Flour. Cornflour. Roux. Eggs.	Water. Milk. Cream. Gravies. Stocks. Syrups. Wine. Fruit juices.	Vegetables. Essences. Lemon-juice. Vinegar. Wine. Mirepoix. Liqueurs. Flavouring butters. Bouquet garni.	Salt. Peppers. Cayenne. Sugar. Mustard. Spices.

A mirepoix is a flavouring consisting of ham or bacon, vegetables, thyme, and bay-leaves. If required for a brown sauce, it is browned.

A bouquet garni consists of a few sprigs of parsley, sprig of thyme and marjoram, a bay-leaf, two cloves, a spring onion, and a strip of lemon-rind.

Flavouring butters take their name from their characteristic ingredient, as horseradish butter, coral butter, etc. They are much used for sauces, and will keep for some time if put into a small jar and covered over.

Plain sauces are nearly all made from the same foundation, a simple white sauce. This sauce, with the addition of essence of anchovy, a few shrimps, a hard-boiled egg, or sugar, at once becomes anchovy, shrimp, egg or sweet sauce. The sauce should be gently reheated after these additions till the added matter is warmed through. If cream is used it should be added at the very last, just before serving. Thus, when the art of making the foundation is thoroughly understood a variety of sauces can be easily made.

Flavouring butters are added to sauces by whisking in a little at a time after the sauce is made. This restores to the sauce the flavour of butter that it would lose during long cooking. If added too quickly the sauce will become oily-looking, and whilst the butter is being added the saucepan should be lifted from the fire.

Sauces may be strained through a fine strainer, or by means of a tammy cloth. Tammy cloth costs about 2s. per yard, and one cloth will last for a considerable time.

A sauce that has been tammied is of a much smoother consistency; it is also a less wasteful method.

To reduce a sauce, allow it to boil quickly with the lid off the saucepan.

### Foundation or White Sauce.

2 oz. butter.

2 oz. flour.

1 pint milk.

Pinch of salt.

Melt the butter, stir in the flour, add the liquid gradually, mixing smoothly; boil up, add salt, cook ten minutes.

### Anchovy Sauce.

1 pint foundation sauce.

Essence of anchovy or pounded anchovies.

Add enough essence of anchovy to colour the sauce a pale pink, season with pepper and salt.

### Brain Sauce.

$\frac{3}{4}$  pint foundation sauce.

$\frac{1}{2}$  gill stock.

Pepper and salt.

1 calf's brains.

1 teaspoonful lemon-juice.

Well wash the brains, tie in muslin, and cook in stock for about ten minutes, then chop. Add to the sauce with the stock and seasoning.

### Caper Sauce.

$\frac{1}{2}$  pint foundation sauce (using  
half milk and half stock).

1 tablespoonful capers.

Pepper and salt.

Add the capers to the sauce and season.

## Celery Sauce.

1 pint foundation sauce.	Pepper and salt.
1 head of celery (cooked and chopped).	Lemon-juice.
	Pinch of mace.

Add the celery to the sauce and season.

## Egg Sauce.

$\frac{3}{4}$ pint foundation sauce.
2 hard-boiled eggs (chopped).
Pepper and salt.

Add the eggs to the sauce and season.

## Hollandaise Sauce (No. 1).

1 gill white sauce.	Salt.
$\frac{1}{2}$ gill stock.	Cayenne.
2 yolks of eggs.	Lemon-juice.

Add the eggs and stock to the sauce, season.

## Lobster Sauce.

1 pint foundation sauce (using fish stock).	2 tablespoonfuls cream.
1 lobster.	Pepper and salt.
Spawn.	Lemon-juice.

Pound the spawn with  $\frac{1}{2}$  oz. of butter, rub through a hair sieve, add to the sauce, cook till it turns a rich red. Add the lobster, cut in small pieces, and seasoning.

## Melted Butter.

1 pint foundation sauce (made with water), and 3 oz. butter instead of 2 oz.
Pepper and salt.

Add seasoning and serve.

### Melted Butter (sweet).

$\frac{1}{2}$  pint foundation sauce (made with water), and  $1\frac{1}{2}$  oz. butter instead of 1 oz.

$\frac{1}{2}$  oz. sugar.

Sweeten the sauce and serve.

### Onion Sauce.

$\frac{3}{4}$  pint foundation sauce.

1 large Spanish onion (cooked and chopped).

Pepper and salt.

Add the onion to the sauce and season.

### Oyster Sauce.

$\frac{1}{2}$  pint foundation sauce (using  
fish stock),

1 tablespoonful cream.

$\frac{1}{2}$  dozen oysters.

Lemon-juice.

Salt, cayenne.

Scald and beard the oysters, cut in quarters, add to the sauce with their liquor, the cream and seasoning.

### Parsley Sauce.

1 pint foundation sauce.

3 teaspoonfuls chopped parsley.

Pepper and salt.

Add the parsley to the sauce and season.

### Shrimp Sauce.

$\frac{1}{2}$  pint foundation sauce.

1 oz. shelled shrimps.

Pepper, salt, cayenne, lemon-juice.

Add the shrimps to the sauce and season.

### Sweet Sauce.

$\frac{1}{2}$  pint foundation sauce.

1 oz. sugar.

Almond, vanilla, or sherry flavouring.

Sweeten and flavour the sauce.

### White Sauce for Fish.

1 pint foundation sauce (using half fish stock and half milk).		Salt, pepper, cayenne. Lemon-juice.
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Add the lemon-juice and seasoning to the sauce.

NOTE.—This can be converted into cardinal sauce by adding a little pounded lobster spawn, then cook for five minutes.

### Brown Sauce.

2 oz. butter.		1½ oz. flour.
6 mushrooms.		1 pint brown stock.
1 carrot.		Pepper and salt.
1 shallot.		1 tablespoonful tomato sauce.

Chop the vegetables and fry in the butter until a golden brown colour ; brown the flour, add the stock gradually, stirring all the time ; bring to boiling-point, skim, add pepper and salt ; put on the lid and cook for half an hour, stirring occasionally. Add the tomato sauce, strain, and it is ready to use.

### Italian Sauce.

½ pint brown sauce.  
¼ gill sherry.  
Bunch of herbs.

Add the sherry and herbs to the sauce, cook fifteen minutes.

### Reform Sauce.

1 pint brown sauce.		Salt, cayenne.
1 oz. ham.		1 good tablespoonful red-
1 clove.		currant jelly.
Bunch of herbs.		¼ gill port.
Lemon-juice.		

Add these ingredients to the brown sauce, reduce to two-thirds, pass through a tammy cloth.

### Béchamel Sauce.

$\frac{1}{2}$ pint milk or stock.	$1\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ shallot.	Salt.
6 peppercorns.	Cayenne.
1 blade of mace.	Lemon-juice.
$1\frac{1}{2}$ oz. butter.	1 gill cream.

Put the milk or stock into a saucepan with the shallot, mace, and peppercorns, simmer for ten minutes, strain. Melt the butter in a saucepan, mix in the flour till smooth, add seasoned stock or milk gradually. Cook well, add salt, cayenne, and a few drops of lemon-juice, and lastly the cream. Strain.

### Chaufroid Sauce.

$\frac{1}{2}$  pint béchamel sauce.  
1 gill aspic jelly.

Warm the sauce and add the aspic jelly; when cool it is ready for masking cutlets, chicken, etc. This may be coloured green or pink by the addition of green-pea purée or tomato purée.

### Tomato Sauce.

1 shallot.	1 tin or 2 lb. tomatoes.
1 small carrot.	Salt.
1 oz. bacon or ham.	$\frac{1}{2}$ teaspoonful sugar.
1 oz. butter.	2 teaspoonfuls cornflour (if
Bunch of herbs.	needed).
12 peppercorns.	

Chop the shallot, cut up carrot and bacon, put the butter and bacon in a saucepan, cook for two minutes. Add carrot, shallot, herbs and peppercorns, cook for five minutes, stirring from time to time. Put in tomatoes and cook with the lid off for half an hour. Rub through a sieve, return to the saucepan, add a little salt, half a teaspoonful sugar, and if necessary a thickening of two teaspoonfuls cornflour. For bottling omit the cornflour and reduce to two-thirds.



## Mayonnaise Sauce.

2 yolks of eggs.	2 tablespoonfuls white-wine vinegar.
1½ gill salad-oil.	Pepper and salt.
1 teaspoonful tarragon	½ gill cream.
vinegar.	1 teaspoonful castor-sugar.

Put the yolks into a basin and add the oil a drop at a time, whisking well all the time ; add the seasoning, vinegar, sugar and cream.

## Tartare Sauce.

Mayonnaise sauce.

3 gherkins or 1½ tablespoonfuls capers.

1 teaspoonful lemon-juice.

Chop the gherkins and add them to the sauce, stir in the lemon-juice and serve.

## Syrup Sauces.

*For Jam Sauce.*

2 tablespoonfuls jam.

1 teaspoonful lemon-juice.

Cochineal.

*For Lemon Sauce.*

2 oz. sugar.

Rind and juice of 2 lemons.

1 teaspoonful cornflour.

*Foundation.*  
 ½ pint water. }  
 2 oz. sugar. } +

*For Orange Sauce.*

Juice of 1 lemon.

Juice of 2 oranges.

1 tablespoonful marmalade.

*For Pineapple Sauce.*

1 gill pineapple syrup.

Few small pieces of pineapple.

Cochineal.

*Method.*—Boil the sugar and water together for ten minutes, then add other ingredients and strain.

For *lemon sauce* boil the rinds of lemons with the sugar (4 oz. to ½ pint) and water, and thicken with cornflour.

For *pineapple* use 1 gill of water and 1 gill of syrup instead of all water ; do not strain.

### Apple Sauce.

1½ lb. cooking apples.	½ gill water.
1 oz. butter.	Sugar.

Peel, core, and slice the apples, put into a saucepan with the butter and water, and cook to a pulp ; add sugar to taste.

### Bread Sauce.

1 gill milk.	peppercorns.
1 gill chicken stock.	1½ gills breadcrumbs.
1 small onion.	1 tablespoonful cream.
1 clove.	Pepper and salt.

Put the milk, stock, onion, clove, and peppercorns into a saucepan, simmer for thirty minutes. Strain, add crumbs, cook for five minutes, add seasoning and cream.

### Custard Sauce.

1 egg.	½ oz. sugar.
½ pint milk.	Essence of almonds.
1 teaspoonful cornflour.	

Beat up the egg, mix the cornflour with a little of the cold milk, put the rest of the milk on to boil. When boiling stir in the cornflour, cook for three minutes. Take off the fire, add sugar, add gradually to the egg, return to the saucepan, and stir over the fire till it thickens ; add flavouring. Serve hot with steamed or boiled puddings.

### German Sweet Sauce (1).

3 yolks of eggs.	1 gill sherry.
1 oz. castor-sugar.	1 tablespoonful cream.

Put these ingredients into a saucepan, and whisk over a slow fire until the sauce becomes thick and frothy. It must not boil.

## German Sauce (2).

2 yolks of eggs.  
1 gill syrup.  
1 teaspoonful brandy.

Put these ingredients into a saucepan, whisk over a slow fire till thick and frothy as in No. 1.

## Gooseberry Sauce.

1 lb. gooseberries.  
 $\frac{1}{4}$  lb. sugar.  
 $\frac{1}{2}$  gill water.

Make a syrup with the sugar and water, add gooseberries and cook until tender. Rub through a hair sieve.

## Hollandaise Sauce (2).

1 tablespoonful French vinegar.	Allspice.
1 shallot (chopped).	4 oz. butter.
1 bay-leaf.	4 yolks of eggs.
Thyme.	Pepper and salt.

Stew the flavourings in the vinegar for a few minutes, melt the butter in a saucepan, mix in the yolks. Stir till it thickens, strain the vinegar, and add to the yolks and butter; add pepper and salt.

## Horseradish Sauce.

3 tablespoonfuls grated horse-radish.	Pepper and salt.
$\frac{1}{2}$ teaspoonful mixed mustard.	$\frac{1}{2}$ gill milk.
1 teaspoonful castor-sugar.	$\frac{1}{2}$ gill cream.
	3 teaspoonfuls white vinegar.

Mix the horseradish with the mustard, sugar, pepper, and salt; add the milk, cream, and the vinegar.

### Mint Sauce.

2 tablespoonfuls mint.	1 gill vinegar (or more).
2 tablespoonfuls castor-sugar.	Pinch of salt.
2 tablespoonfuls boiling water.	

Wash the mint, and chop very finely. Put it into the boat it is to be served in, add sugar and boiling water. When the sugar has dissolved add the vinegar. Let it stand for an hour, stir before serving.

N.B.—This can be made with lemon-juice instead of vinegar.

### Mustard Sauce.

1 oz. flour.	1 teaspoonful mixed mustard.
1 oz. butter.	$\frac{1}{2}$ pint stock.
2 teaspoonfuls vinegar.	Pepper, salt, cayenne.
1 bay-leaf.	

Fry the flour in the butter, add vinegar, bay-leaf, mustard, stock, and seasoning. Cook for five minutes, skim and strain.

### Piquante Sauce.

Small piece of onion.	1 dessertspoonful Harvey sauce.
1 shallot.	1 dessertspoonful mushroom
1 small carrot.	ketchup.
1 oz. butter.	$\frac{1}{2}$ pint stock.
$\frac{1}{2}$ oz. flour.	Pepper.
1 dessertspoonful malt vinegar.	Salt.

Cut up the onion, carrot, and shallot finely, and fry in the butter; add flour, and brown it. Add vinegar, and cook for a few minutes; add Harvey sauce, ketchup, and stock. Stir till boiling, cook well, add seasoning. Strain and serve.

### Lemon Butter Sauce.

$\frac{1}{4}$ lb. butter.
juice of $\frac{1}{2}$ lemon.
1 teaspoonful chopped parsley.

Melt the butter, add the lemon-juice and parsley. Serve with veal or boiled vegetables, such as asparagus and sea-kale.

## Worcester Sauce.

8 shallots.	½ pint mushroom ketchup.
1 quart vinegar.	½ pint soy.
¼ oz. cayenne.	

Bruise the shallots, then boil all the ingredients together for ten minutes. Strain, bottle.

## Glaze (1).

¼ pint jellied stock.
2 sheets gelatine.
½ teaspoonful browning.

Put the stock into a saucepan with the gelatine and browning, stir until dissolved. Allow it to cool, it is then ready to use.

## Glaze (2).

1 quart stock.

Remove all fat from the stock, and boil until reduced to about 1 gill, skimming often. Leave till cool, then use.

## Browning for Gravies.

½ lb. sugar.
½ pint boiling water.

Put sugar into a saucepan over the fire, stir frequently until it is a very dark brown; add the boiling water, and stir till all the sugar is dissolved. Strain into a jug. When cold put into a bottle, and it is ready to use.

## FORCEMEATS.

### Chestnut Forcemeat.

¼ lb. chestnuts.	1 dessertspoonful thyme (chopped finely).
2 oz. beef-suet (chopped).	
¼ lb. breadcrumbs.	¼ teaspoonful each of pepper and salt.
¾ lb. sausage-meat.	

Score the chestnuts with a sharp knife, and put into a frying-pan with ½ oz. of butter. Shake over the fire for two

or three minutes, remove skin and peel. Pass them through a grating-machine, add the other ingredients, and mix well together; season.

### Sage Stuffing.

3 large Spanish onions.	Pepper, salt, cayenne.
2 oz. butter.	$\frac{1}{2}$ lb. breadcrumbs.
1 tablespoonful sage.	2 yolks of eggs.

Skin, blanch, and chop up the onions, cook in the butter for fifteen minutes; add the sage, seasoning, breadcrumbs, and eggs, mix well together. It can be baked in a pie-dish, and served with roast pork.

### Veal Stuffing (1).

3 oz. breadcrumbs.	$\frac{1}{2}$ teaspoonful lemon - rind
2 oz. beef suet (chopped).	(grated).
1 oz. ham (chopped).	Pinch of nutmeg.
2 teaspoonfuls parsley (chopped).	Cayenne, pepper, and salt.
$\frac{1}{4}$ teaspoonful thyme and marjoram.	1 yolk of egg.

Mix all the dry ingredients together, and moisten with the egg.

### Veal Stuffing (2).

$\frac{1}{4}$ lb. breadcrumbs.	$\frac{1}{2}$ lemon-rind (grated).
2 oz. suet (chopped).	Salt, pepper, cayenne.
3 teaspoonfuls parsley (chopped).	1 yolk of egg.
$\frac{1}{2}$ teaspoonful sweet herbs.	A little milk.

Make as in No. 1.

### Forcemeat Balls.

Veal stuffing Nos. 1 or 2.  
1 white of egg.  
Breadcrumbs.

Make as in No. 1, divide into small portions, make into balls, brush with egg, roll in breadcrumbs, and fry in deep fat.

## FLAVOURING BUTTERS.

*Anchovy Butter.*

1 oz. anchovy paste.

*Coral Butter.*

1 oz. lobster coral.

*Horseradish Butter.*

1 oz. grated horseradish.

*Foundation.*

4 oz. fresh butter.  
Cayenne, salt, pepper.

} +

*Maître d'Hôtel Butter.*

3 teaspoonfuls chopped parsley.  
3 teaspoonfuls lemon-juice.

*Shrimp Butter.*

1 oz. shelled shrimps.  
Lemon-juice.

*Spinach Butter.*

1 tablespoonful finely-chopped spinach.

Pound the ingredients together, and rub through a hair sieve. Put into a small jar, and use as directed. Maître d'hôtel butter should not be rubbed through a sieve.

## Panada or Thick Sauce.

1 oz. butter.  
1 oz. flour.  
1 gill liquid.

Melt the butter in a saucepan, mix in the flour until smooth, add the liquid, and cook well until the mixture leaves the sides of the saucepan.

## Roux.

2 oz. butter.  
2 oz. flour.

Melt the butter in a saucepan, stir in the flour, and cook over the fire for twenty minutes, stirring occasionally. A *white* roux should not colour at all; a *fawn* roux is slightly coloured; a *brown* roux should be cooked till of a *nut-brown* colour. Put into a jar, and it will keep a month.

## CHAPTER IX

### OMELETS AND SOUFFLÉS

#### NOTES ON OMELETS.

OMELETS are composed chiefly of eggs, and may be either savoury or sweet. When cooked they should be of a pale-brown colour on the outside, and of a soft creamy consistency inside.

The pan used for omelets should be of tinned iron or copper, and be kept for omelets only.

The preparation of the pan is of the greatest importance. It should not be washed, but cleaned by putting in a handful of salt, and placing the pan over the fire for a few minutes, until the salt begins to burn, then throwing it away and rubbing the pan with soft paper until it is bright. For savoury omelets a shallot cut in half and rubbed over the pan will give a delicious flavour.

Directly the mixture is poured into the pan it should be stirred until it begins to set, when great care must be taken that it is folded and served before the eggs become overcooked. A few seconds too long will render the omelet tough and leathery.

Savoury omelets are often served with a sauce. They are never served on a dish paper. Soufflé omelets (sweet) may be.

Omelets require practice, as it is only by observation and dexterity that one can become proficient in the making of them.



*Rules.*

1. Do not wash the pan, but clean it with salt.
2. Mix the eggs well with a fork, but do not beat them, except when the yolk and whites are separated, as for sweet omelets, when it is necessary to beat both yolks and whites thoroughly.
3. Let the butter get hot before pouring in the mixture.
4. Stir until the mixture begins to set, then fold.
5. Serve a savoury omelet on a hot dish, with or without sauce, as preferred. Serve a sweet omelet on a dish paper.
6. Serve all omelets directly they are made.

## NOTES ON SOUFFLÉS.

A soufflé is a light, spongy pudding, consisting of a foundation sauce made of butter, flour, and milk or stock, lightened with the whipped whites of eggs. It can be either baked or steamed, and may be savoury or sweet.

Care must be taken not to use too much flour, or it will be too firm. Biscuit flour is generally used, being more starchy, but a small quantity of cornflour added to ordinary flour will answer the same purpose. It must be cooked slowly and steadily, as it is apt to fall when cooked quickly. It should be served directly it is firm enough to turn out, as beyond this point it shrinks and becomes tough and leathery.

*Rules.*

1. Well butter the tin, and use clarified butter.
2. Tie a band of stiff paper round the top of the tin to come about 4 inches above. When baking soufflés in small cases, butter them, and tie a band of stiff paper round to come about 1 inch above the case.
3. Cook the sauce or panada thoroughly.
4. Beat well after adding each yolk of egg.
5. Whisk the whites stiffly and mix them in at the last.
6. If the soufflé is to be steamed, cover it with a piece of buttered paper.

7. Cook slowly and steadily.

8. Serve a baked soufflé in the tin in which it is baked. Remove the paper, and wrap a dainty dish paper or folded d'oyley round the tin. Serve without sauce.

9. Turn a steamed soufflé out, and pour the sauce round, if a syrup sauce. A custard sauce may be poured over if preferred.

### OMELETS.

#### Kidney Omelet.

1 kidney.	Salt, pepper, and cayenne.
1½ oz. butter.	4 eggs.
1 shallot (chopped).	1 teaspoonful chopped parsley.

Skin the kidney and chop finely, put ½ oz. of butter into a small saucepan, add the shallot, sauté for a few minutes, then add the kidney and seasoning. Cook for a few minutes, whisk the eggs, season, and add the parsley. Put the rest of the butter into a frying-pan. When hot pour in the eggs, stir until the mixture begins to set, then put the kidney, etc., in the centre, fold up. Serve on a hot dish.

#### Savoury Omelet (1).

3 whole eggs and 1 yolk.	1 teaspoonful parsley.
1 tablespoonful of cream.	A few grains of nutmeg.
Salt and pepper.	A pinch of lemon thyme.
¼ teaspoonful chopped chives.	1 oz. butter.

Mix the eggs, add all the ingredients except the butter, stir well. Put the butter into the frying-pan, when hot pour in the mixture, stir until it thickens, roll up into an oval shape, put on a hot dish.

#### Savoury Omelet (2).

3 eggs.	¾ oz. butter.
Pepper, salt, and cayenne.	1 shallot.
1 teaspoonful chopped parsley.	

Mix the eggs, add seasoning and parsley. Rub the frying-pan with the shallot, put in the butter, clarify it; when hot

pour in the eggs, etc. Stir until the mixture begins to set, then tip the pan, and with the aid of the spoon let it fold on to the dish in a soft oval mass.

### Rum Omelet.

Make like sweet omelette, flavouring with rum. When cooked pour a little rum over and set fire to it. The jam may be omitted if preferred.

### Sweet Omelet.

3 eggs.	Pinch of salt.
1 oz. sugar.	$\frac{1}{2}$ oz. butter.
1 teaspoonful essence of vanilla.	1 tablespoonful jam.

Beat the yolks and sugar together for five minutes, add the vanilla and salt and the whites beaten to a stiff froth. Melt the butter in a frying-pan, put in the mixture, and place on the stove for a minute. Sprinkle with sugar, and put in the oven for about three minutes until set. Turn out on a sugared paper, put the jam in the middle, and fold over.

### Tomato Omelet.

4 eggs.	$\frac{1}{4}$ teaspoonful chopped shallot.
1 teaspoonful parsley.	Pinch of sugar.
Pepper, salt, and cayenne.	$1\frac{1}{2}$ oz. butter.
2 tomatoes.	

Mix the eggs, add parsley and seasoning. Skin the tomatoes and slice them up, add the shallot, sugar, and a little pepper and salt. Put half an ounce of butter into a small saucepan, and sauté the tomatoes, etc., until cooked. Put the rest of the butter into a frying-pan; when hot pour in the eggs, etc. Stir until the mixture begins to set, then place the tomato mixture in the centre, fold up, and serve.

## SOUFFLÉS.

## Almond or Vanilla Soufflé.

<i>Foundation.</i>			<i>For Almond.</i>	
1 oz. butter.	}	+	3 drops essence of almonds.	
1 oz. flour.			1 gill jam sauce.	
1 teaspoonful cornflour.			<i>For Vanilla.</i>	
Pinch of salt.			$\frac{1}{2}$ teaspoonful essence of vanilla.	
$\frac{1}{4}$ pint milk.			1 gill wine sauce.	
$\frac{1}{2}$ oz. castor sugar.				
3 yolks and 4 whites of eggs.				

## Coffee Soufflé.

<i>Foundation.</i>			<i>Coffee Custard.</i>	
2 oz. butter.	}	+	$\frac{1}{4}$ pint milk.	
2 oz. flour.			$\frac{1}{4}$ pint strong coffee.	
1 teaspoonful cornflour.			2 yolks of eggs.	
Pinch of salt.				
$\frac{1}{4}$ pint milk.				
$\frac{1}{4}$ pint strong coffee.				
2 oz. sugar.				
3 yolks and 4 whites of eggs.				

## Pineapple Soufflé.

<i>Foundation.</i>				
2 oz. butter.	}	+	3 oz. pineapple (cut in dice).	
$1\frac{1}{2}$ oz. flour.			1 gill pineapple sauce.	
$\frac{1}{2}$ oz. cornflour.				
Pinch of salt.				
$\frac{1}{4}$ pint milk.				
$\frac{1}{4}$ pint pineapple syrup.				
2 oz. castor sugar.				
3 yolks and 4 whites of eggs.				

*Method.*—Make a sauce of the butter, flour, cornflour, and milk and coffee, or pineapple syrup, as the case may be, add the sugar and the yolks, beating well after each. Add the flavouring, stir in the whipped whites of eggs, steam from

forty to fifty minutes. Serve with sauce. If baked in small paper cases they will take from fifteen to twenty minutes.

*Coffee Custard.*—Cream the yolks and sugar together, put the milk and coffee into a saucepan. When hot add gradually to the yolks and sugar. Return to the saucepan, and cook until it thickens. Pour over the soufflé.

### Ground Rice Soufflé.

1 pint milk.	2 oz. sugar.
2 laurel-leaves.	4 eggs.
3½ oz. ground rice.	Jam sauce.

Infuse the milk with the laurel-leaves, add the ground rice, cook well. Cool, add the yolks of eggs and sugar, and the whites beaten to a stiff froth. Steam for about one hour. Serve with jam sauce.

### Cheese Soufflé.

2 oz. flour.	1 teaspoonful mixed mustard.
½ pint milk.	Pepper and salt.
2 oz. butter.	2 oz. grated cheese.
2 yolks of eggs.	4 whites of eggs.

(Enough for 6 persons.)

Mix the flour smoothly with a little of the cold milk, put the rest in a saucepan with the butter. When boiling stir in the moistened flour and stir over the fire till well cooked. Take off the fire, when cool add the yolks of eggs, mustard, pepper, salt, cheese, and, lastly, the whites beaten to a stiff froth. Put into a buttered pie-dish and bake for half an hour. This may be baked in small buttered ramakin cases if preferred.

## Chicken Soufflé.

$\frac{3}{4}$ lb. chicken.	$\frac{1}{4}$ teaspoonful pepper.
1 oz. butter.	$\frac{1}{2}$ teaspoonful salt.
3 eggs (whole).	1 teaspoonful lemon-juice.
1 white of egg.	$\frac{1}{2}$ pint white sauce.
1 gill cream (whipped).	Raspings and parsley.

### *Panada.*

- 1 oz. butter.
- 1 oz. flour.
- 1 gill milk or chicken stock.

Remove the meat from the chicken and pass through a mincing machine; make the panada (see p. 159); pound the chicken with the panada, butter, three yolks and one white of egg; rub through a hair sieve. Add the cream, seasoning, and lemon-juice, and the remaining whites beaten to a stiff froth. Mix lightly, turn into a prepared tin ( $1\frac{1}{2}$  pints), steam for forty minutes, turn out and coat with white sauce, using half stock (made from the chicken bones) and half milk. Decorate with chopped parsley and raspings.

## Baked Chicken Soufflé.

$2\frac{1}{2}$ oz. cooked chicken (chopped).	<i>Panada.</i>
1 tablespoonful chopped tongue.	1 oz. butter.
2 eggs.	1 oz. flour.
Pepper and salt.	1 gill chicken stock or milk.

(Enough for 9 ramakin cases.)

Make the panada (see p. 159), add the yolks of eggs, the meat and seasoning; stir in lightly the whites beaten to a stiff froth, put into well-buttered ramakin cases, bake in a quick oven for fifteen minutes.

## CHAPTER X

### PUDDINGS AND SWEETS

#### RULES FOR SUET PUDDINGS.

1. WHEN *boiling* a pudding allow sufficient water to cover it. When *steaming*, only enough to come half-way up the sides of the basin. In the case of a proper steamer being used, nearly fill the under vessel.

2. Steaming is suitable for very light mixtures, and when the basin or mould is not quite full.

3. Allow longer for steaming than for boiling, and be careful the saucepan does not boil dry.

4. Puddings containing a large quantity of suet require a long time to cook, and in most cases it is more satisfactory to boil them.

5. Breadcrumbs mixed with the flour help to make the pudding lighter.

6. When baking-powder is used less suet is required to lighten the pudding.

7. Use from 6 to 12 oz. suet to 1 lb. of flour.

8. Well butter the pudding-basin. For a boiled pudding cover the pudding with a piece of buttered paper before tying on the cloth. For a steamed pudding cover with buttered paper only.

9. For rich Christmas puddings, after covering with paper put over a paste of flour and water, then tie over the cloth. When cooked remove the cloth and paste without disturbing

the grease-proof paper. Tie a clean cloth over, or cover with brown paper.

10. When only a cloth is used it must be well floured. The pudding mixture must then be made into a good shape, and tied up firmly in the cloth. When a pudding is cooked in this way a plate should be put into the saucepan to prevent the cloth from sticking to the bottom.

11. Put the pudding into boiling water, and keep it boiling all the time.

12. Fill up the saucepan from time to time with boiling water.

13. Serve with a suitable sauce or custard.

### Christmas Puddings (Rich).

1½ lb. raisins.	¼ nutmeg.
1 lb. currants.	½ teaspoonful cinnamon.
1 lb. 2 oz. suet.	½ teaspoonful salt.
1 lb. 2 oz. breadcrumbs.	¾ gill brandy.
2½ oz. citron.	2½ gills porter.
3 oz. orange-peel.	½ gill rum.
3 oz. lemon-peel.	7 eggs.
2 oz. sugar.	

*(Enough for 20 persons.)*

Mix all the dry ingredients together, add the liquid. Mix well, put into two basins or quart moulds, boil for eight hours.

### Christmas Puddings (Plain).

¼ lb. breadcrumbs.	2 oz. raisins.
¼ lb. flour.	1 oz. candied peel.
¼ lb. suet.	1 carrot (grated).
2 oz. dates (chopped).	½ teaspoonful mixed spice.
¼ lb. brown sugar.	½ pint milk.
2 oz. prunes (cut up).	2 eggs.
2 oz. currants.	

*(Enough for 6 or 7 persons.)*

Mix all the dry ingredients together, moisten with the liquid, steam for four hours.



## Date Pudding.

$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{4}$ lb. suet.
$\frac{3}{4}$ lb. dates (chopped).	Rind of 1 lemon (grated).
1 tablespoonful sugar.	2 eggs
Pinch of salt.	$\frac{1}{2}$ pint milk.

(Enough for 9 or 10 persons.)

Mix all the dry ingredients together, moisten with the liquid, put into a  $1\frac{1}{2}$  pint mould, steam for three or four hours.

*Note.*—Figs or raisins may be used instead of dates.

## Fig Pudding (1).

$\frac{1}{2}$ lb. figs (cut in small pieces).	1 teaspoonful baking-powder.
$\frac{1}{4}$ lb. sugar.	Pinch of salt.
$\frac{1}{4}$ lb. suet.	Grated rind of $\frac{1}{2}$ lemon.
$\frac{1}{4}$ lb. flour.	1 egg.
$\frac{1}{4}$ lb. breadcrumbs.	$\frac{1}{2}$ pint milk.

(Enough for 7 or 8 persons.)

Mix the dry ingredients together, add the liquid, put into a  $1\frac{1}{2}$  pint mould, steam three hours.

## Fig Pudding (2).

10 oz. pieces of bread.	3 oz. sugar.
$\frac{1}{2}$ lb. figs (cut in small pieces).	Pinch of salt.
3 oz. suet.	1 large egg.
Rind of 1 lemon (grated).	$\frac{1}{2}$ gill milk.

(Enough for 8 people.)

Break up the bread, put into a basin, and cover with cold water. Leave until soaked. Drain well, and beat up with a fork; add the dry ingredients, and then the egg and milk. Put into a  $1\frac{1}{2}$  pint mould, steam three hours.

### Lemon Pudding.

$\frac{1}{2}$ lb. breadrumbs.	Rind of 1 lemon.
$\frac{1}{2}$ lb. sugar.	Juice of 2 lemons.
$\frac{1}{4}$ lb. suet.	1 egg.

(Enough for 6 or 7 persons.)

Mix all the dry ingredients together, and add the liquid. Put into a pint mould, steam for two hours.

### Marmalade Pudding.

4 oz. flour.	2 oz. sugar.
4 oz. breadrumbs.	3 oz. suet.
Pinch of salt.	$\frac{1}{2}$ lb. marmalade.
1 teaspoonful baking-powder.	2 eggs.

(Enough for 6 or 7 persons.)

Mix the dry ingredients together, add the liquid, put into a pint mould, steam two and a half hours.

### Plum Duff.

6 oz. flour.	1 oz. candied peel.
Pinch of salt.	1 small egg.
$\frac{1}{4}$ lb. suet.	Barely 1 gill milk.
6 oz. raisins.	

(Enough for 7 or 8 persons.)

Mix the dry ingredients together, add the liquid, tie in a cloth, boil for four hours. Serve with Demerara sugar.

### Date, Fig, or Raisin Pudding.

<i>Foundation.</i>	} +	<i>For Date.</i>
$\frac{1}{2}$ lb. flour.		$\frac{1}{2}$ lb. dates.
Pinch of salt.		<i>For Fig.</i>
1 teaspoonful baking-powder.		$\frac{1}{2}$ lb. figs.
5 oz. suet.		<i>For Raisin.</i>
$1\frac{1}{2}$ gills milk.		$\frac{1}{2}$ lb. raisins.

(Enough for 8 people.)

*Method.*—Mix the dry ingredients together, moisten with the liquid, put into a pint mould or basin, boil three hours.

### Treacle Pudding.

$\frac{1}{2}$ lb. flour.	1 teacupful treacle.
Pinch of salt.	2 eggs.
6 oz. suet.	3 tablespoonfuls milk.
Rind and juice of 1 lemon.	

*(Enough for 7 or 8 persons.)*

Mix the dry ingredients together, and moisten with the liquid. Put into a pint basin, boil for four hours.

### Treacle Sponge.

$\frac{1}{4}$ lb. flour.	1 teaspoonful brown sugar.
Pinch of salt.	2 oz. suet.
$\frac{1}{2}$ teaspoonful ground ginger.	$\frac{1}{2}$ teacupful treacle.
$\frac{1}{4}$ teaspoonful carbonate of soda.	$\frac{1}{2}$ teacupful milk.

*(Enough for 5 persons.)*

Mix the dry ingredients together, add the liquid, put into a pint mould that has been buttered and sprinkled with brown sugar. Steam for an hour and a half. Serve with sauce.

### Apple Pudding.

Suet crust (see p. 226).	1 oz. sugar.
2 lb. apples.	3 cloves.

*(Enough for 8 people.)*

Line a buttered basin (1 quart size) with the crust, half fill with the apples, add cloves, sugar, and a little water; add rest of the fruit, cover with the remainder of crust, boil two hours.

### Jam Roll.

Suet crust (see p. 226), using 1 oz. extra of suet instead of the baking-powder.

$\frac{1}{2}$  lb. jam.

*(Enough for 7 or 8 people.)*

Roll out the crust, and spread with the jam. Brush the edges with a little water, roll up, and put in a pudding-cloth.

Tie up the ends with string, and sew along the middle where the cloth joins. Boil for an hour and a half.

### Lancashire Roll.

Suet crust (see p. 226), using 1 oz. extra of suet instead of the baking-powder.

$\frac{1}{2}$  lb. mincemeat.

*(Enough for 6 or 7 persons.)*

Make as for Jam Roll.

*Note.*—If no mincemeat, use two apples (chopped), 2 oz. currants, two tablespoonfuls golden syrup, a little spice and grated lemon-rind.

### Treacle Roll.

Make as for Jam Roll, using  $\frac{1}{2}$  lb. treacle, 1 oz. bread-crumbs, and one lemon-rind (grated), instead of jam.

### Wall Pudding.

$\frac{1}{2}$  lb. flour.

Pinch of salt.

1 teaspoonful baking-powder.

$\frac{1}{4}$  lb. suet.

1 egg.

$1\frac{1}{2}$  gills milk.

4 tablespoonfuls jam.

*(Enough for 7 or 8 persons.)*

Mix all the dry ingredients together, add egg and milk, put the jam at the bottom of a pint basin, pour in the mixture, boil two hours.

### Rhubarb Pudding.

$\frac{1}{4}$  lb. flour.

Pinch of salt.

$\frac{1}{2}$  teaspoonful baking-powder.

2 oz. suet.

6 large sticks of rhubarb.

Cold water to mix.

Sweet melted butter.

*(Enough for 6 or 7 persons.)*

Mix flour, salt, baking-powder, suet, and rhubarb cut into small pieces. Mix to a stiff paste with water, tie very tightly in a pudding-cloth, boil one to one and a quarter hours. Coat with the sauce, serve with Demerara sugar.

### Treacle Pyramid Pudding.

Suet crust (see p. 226), adding  
 1 oz. extra of suet.  
 $\frac{1}{2}$  lb. treacle.

Rind of a lemon (grated).  
 1 oz. breadcrumbs.

*(Enough for 5 or 6 persons.)*

Roll out the crust thinly, and cut into rounds the size of the gallipot or jam-jar used. Put a round of crust at the bottom of the jar, then a layer of treacle, a few crumbs, and a little lemon-rind. Fill up in this way, having a layer of pastry on the top. Steam two hours.

### Apple Charlotte.

2 lb. apples.  
 2 oz. suet, chopped finely.  
 8 oz. breadcrumbs.

$\frac{1}{4}$  lb. sugar.  
 1 lemon.  
 3 gills custard or 1 gill cream.

*(Enough for 6 or 7 persons.)*

Peel, core, and slice the apples, mix suet with crumbs, sugar, and grated lemon-rind. Put a layer in a buttered pie-dish, then a layer of apples, then another layer of crumbs, and so on till the dish is filled, putting a layer of crumbs on top. Sprinkle the apple-peelings over, and bake about an hour and a half. Take off the peelings, and serve with sugar and cream or custard. The peelings prevent the charlotte from drying too much.

### Swiss Apple Pudding.

2 lb. apples.  
 2 oz. butter.  
 $\frac{1}{4}$  lb. moist sugar.

$\frac{1}{4}$  lb. breadcrumbs.  
 Juice of 1 lemon.

Butter a pie dish, put in a layer of breadcrumbs, then apples and sugar, and the butter in little pieces. Continue in this way until the dish is full, having crumbs last, with little pieces of butter. Squeeze over some lemon-juice, bake for about one hour, turn out, and serve with cream.

### Boston Pudding.

1 lb. damsons.		$\frac{1}{2}$ gill water.
$\frac{1}{4}$ lb. sugar.		$\frac{1}{4}$ lb. crumb of bread in slices.

(Enough for 6 or 7 persons.)

Stew the damsons in the sugar and water, remove all the stones. Put a few damsons in the bottom of a mould, then some bread and more damsons. Continue in this way until the mould is full. Put a plate and some weights on top, and leave overnight. Turn out and serve with custard.

### Jamaica Pudding.

2 eggs.		3 oz. butter.
Their weight in mashed potatoes.		3 oz. sugar.
		Lemon flavouring.

(Enough for 5 or 6 persons.)

Cream the butter and sugar together, add the mashed potato, the eggs well beaten, and lemon flavouring. Put into a buttered pie-dish, and bake half an hour. Turn out, and spread a little jam over.

### RULES FOR MILK PUDDINGS.

1. Use very fresh eggs and milk. In warm weather a pinch of carbonate of soda will prevent the milk from curdling.

2. If skim milk is used a little butter should be added to supply the loss of cream.

3. Be careful to use very clean saucepans, moulds, pie-dishes, etc., and see that the oven is quite clean, as milk quickly absorbs any flavour.

4. Always add a little salt.

5. Essences used as flavourings, such as vanilla or almonds, should, where possible, be added after the pudding is cooked.

6. For baked puddings, to every pint of milk allow 2 oz. rice, sago, tapioca, macaroni, semolina, etc. For a mould or shape allow 3 oz. if serving cold, and 4 oz. when hot.

7. Of cornflour, farola, wheat crystals, or any of the preparations specially prepared for moulds, allow 2 oz. to every pint.

8. The moulds must be well scalded, rinsed in cold water, and left wet for cold puddings, but buttered for hot.

9. Macaroni, and tapioca, should be soaked in milk for two or three hours before using. Rice also is the better for being first soaked.

10. All starchy foods require to be well cooked.

11. Eggs require very light, slow cooking; therefore they should be added if possible after the cereal is cooked, just before finishing the pudding.

12. The dishes in which milk puddings are baked should be placed in a tin containing a little water. This will help to prevent the pudding from burning or boiling over. The dish must not be filled too full.

13. For a baked custard the pie-dish should be lined with pastry to absorb the moisture. Never move a custard while baking.

14. If using an ordinary saucepan for steaming a custard a folded paper placed in the bottom of the saucepan will reduce the heat somewhat, and the custard will not be so liable to curdle.

#### NOTES AND RULES ON BATTER.

Batter comes from the word *battre*, 'to beat,' thus implying that all batter has to be well beaten. It is composed chiefly of flour, eggs, and milk.

A frying batter is rather thick, and is used for coating fish, meat, fruit, and vegetables. Beaten up white of egg is added to lighten it and make it very crisp.

Frying batter for fish is improved by the addition of lemon-juice.

Batter should not be fried at such a high temperature as rissoles or croquettes.

Very clean a fat should be used, and not any that has been

discoloured by much using, or the colour of the fritters will be spoilt.

Batter should be left to stand for a few hours before using ; this makes it lighter.

The batter used for pancakes is much thinner than frying batter and made rather differently. This is also used for Yorkshire pudding, steamed batter pudding, toad in the hole, etc.

#### RULES FOR PANCAKE BATTER, ETC.

1. Sift the flour and add a pinch of salt.
2. Make a hole in the middle of the flour, add the eggs and half of the milk, gradually mixing in the flour.
3. Beat well with a wooden spoon for ten minutes, add the rest of the milk.
4. Leave to stand for a few hours.
5. Serve as soon as cooked.

#### RULES FOR FRYING BATTER.

1. Sift the flour and add a pinch of salt.
2. Make a hole in the middle, add the oil or butter (melted) and the tepid water gradually.
3. Beat well for ten minutes.
4. Leave it to stand for half an hour or longer.
5. Stir in the whisked whites lightly.

#### Cornflour Mould.

2 oz. cornflour.  
Pinch of salt.  
1 pint milk.

Flavouring.  
1½ oz. sugar.

(Enough for 5 or 6 persons.)

Mix the cornflour with a little of the cold milk, add it to the milk when boiling. Cook well for five minutes, stirring all the time. Remove from the fire, add salt, sugar, and flavouring.



**Farola, or Wheat Crystal Mould.***(Enough for 5 or 6 persons.)*

May be made by using the same proportions as above plus one egg. Beat the egg, add to the moistened cereal, pour on the boiling milk, return to the saucepan. Cook for ten minutes.

**Chocolate Mould.**

1 oz. chocolate (grated).	2 teaspoonfuls sugar.
1 pint milk.	Essence of vanilla.
Pinch of salt.	$\frac{1}{2}$ pint custard.
2 oz. cornflour (barely).	

*(Enough for 5 or 6 persons.)*

Add the chocolate to the cornflour and proceed as in cornflour mould. Serve with custard poured round.

**Cold Rice Mould.**

8 oz. rice.	2 oz. sugar.
1 pint milk.	Flavouring.
Pinch of salt.	

*(Enough for 5 or 6 persons.)*

Well wash the rice and soak it in the milk for three or four hours. Put into a saucepan with the salt and cook till tender; add sugar and flavouring, pour into a wet cylinder mould. When set turn out, and fill up centre with stewed fruit.

**Hot Rice Mould.**

$\frac{1}{4}$ lb. rice.	1 egg.
1 pint milk.	1 oz. glacé cherries or raisins.
2 laurel-leaves.	$\frac{1}{2}$ pint custard or fruit purée.
$1\frac{1}{2}$ oz. sugar.	

*(Enough for 5 or 6 people.)*

Put the rice, milk, and laurel-leaves into a saucepan and cook slowly until rice is tender, remove the leaves and add the sugar and the egg well beaten. Butter a pint mould and decorate with cherries or raisins, pour in the mixture, and

steam for an hour and a quarter. Serve with a custard poured round or a purée poured over, in which case the mould does not require decorating.

N.B.—Sago or tapioca may be made in the same way.

### Fruit Purée.

- 1 lb. prunes or damsons.  
 $\frac{1}{4}$  lb. sugar.  
 $\frac{1}{2}$  pint water (prunes),  $\frac{1}{4}$  pint (damsons).

Stew the fruit with the sugar and water until tender, rub through a sieve, reheat.

### Rice and Apricot Pudding.

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 3 oz. rice.                     | 2 small eggs.                        |
| 1 pint milk.                    | $1\frac{1}{2}$ oz. sugar.            |
| Salt.                           | $\frac{1}{2}$ lb. apricots (stewed). |
| 3 dessertspoonfuls apricot jam. |                                      |

(Enough for 6 or 7 persons.)

Wash the rice, and put it into a saucepan with the milk and salt. Cook slowly until it is quite thick; let it cool, then add jam, sugar, and yolks of eggs, mix well. Put it into a buttered pie-dish and put the apricots over. Beat up the whites to a stiff froth, add 3 oz. castor-sugar, pile roughly on the top of the apricots, dredge well with sugar, and bake in a cool oven until crisp.

N.B.—If dried apricots are used,  $\frac{1}{4}$  lb. would be sufficient.

### Tapioca Cream (1).

- |  |                             |
|--|-----------------------------|
| 3 oz. tapioca.                                       | $\frac{1}{2}$ pint cream.   |
| 1 pint milk.   | $\frac{1}{4}$ lb. ratafias. |
| 2 laurel-leaves, or 2 drops of<br>essence of almond. | Sherry.                     |
| 1 oz. sugar.   | 6 pistachio nuts.           |

(Enough for 8 or 9 persons.)

Well wash the tapioca and soak in the milk twelve hours. Put on in a double saucepan with the laurel-leaves and cook

until tender; when cool add the sugar and cream whipped. Put some ratafias into a glass dish, soak them with sherry, pile the tapioca on the top, and decorate with rest of ratafias and chopped pistachio nut.

### Tapioca Cream (2).

3 oz. medium-sized tapioca or sago.		$\frac{1}{2}$ pint cream.
1 pint milk.		1 oz. sugar.
		1 teaspoonful essence of vanilla.

Made as in No. 1, leaving out the ratafias, sherry, and pistachio nuts.

### Junket.

1 quart milk.		2 teaspoonfuls sugar.
2 large teaspoonfuls essence of rennet.		1 tablespoonful brandy.
A little cinnamon.		$\frac{1}{4}$ pint cream or Devonshire cream.

(Enough for 8 or 9 persons.)

Warm the milk to about 98° F., put into a glass dish or bowl, add sugar, cinnamon, brandy, and rennet, let it stand until quite cold and set. Whip the cream and put on the top. If Devonshire cream can be obtained it is preferable.

### Ground Rice Pudding.

2 oz. ground rice.		Strip of lemon-rind.
1 pint milk.		1 oz. sugar.
Pinch of salt.		1 or 2 eggs.

(Enough for 6 or 7 people.)

Put the milk on to boil with the lemon-rind; when it comes to boiling-point sprinkle in the ground rice, stir well, and cook gently for twenty minutes. Take off the fire, take out lemon-rind; add sugar, yolks of eggs and whites beaten up stiffly. Pour into a buttered pie-dish and bake in a moderate

oven. If liked, the sugar and yolks only may be added to the mixture, and when the pudding is set, a little jam may be spread over, and a meringue of the whites and 3 oz. castor-sugar piled roughly on top, and baked for about twenty minutes until crisp.

### Sago Pudding.

Same as above, using sago instead of ground rice.

### Macaroni Pudding.

2 oz. macaroni.	1 egg.
1 pint milk.	Flavouring.
Pinch of salt.	Nutmeg.
1 oz. sugar.	

*(Enough for 5 or 6 persons.)*

Break the macaroni into lengths of about 1 inch, and soak in milk for two hours. Put into a saucepan and cook till tender, from one to two hours ; add sugar, salt, egg, and flavouring. Put into a pint pie-dish, grate a little nutmeg over, and bake for about twenty minutes.

### Tapioca Pudding.

Make the same as above, using 2 oz. of tapioca instead of the macaroni.

### Rice Pudding.

1 pint milk.	2 oz. rice.
Pinch of salt.	Nutmeg or cinnamon.
$\frac{1}{2}$ oz. sugar.	

*(Enough for 2 or 3 persons.)*

Put the rice into a pint pie-dish with a pinch of salt, the sugar, and milk, stir together. Grate with nutmeg and bake in a slow oven for two hours at least,

**Baked Custard (1).**

2 eggs.		1 pint milk.
2 teaspoonfuls sugar.		Nutmeg.
Flavouring.		

*(Enough for 4 or 5 persons.)*

Beat up the eggs, add the sugar, flavouring, and milk ; pour into a buttered pie-dish, grate with nutmeg. Bake for about an hour.

**Baked Custard (2).**

As in No. 1, using laurel-leaves or vanilla-pods for flavouring. Infuse the milk with the laurel-leaves, add to the beaten eggs and sugar, finish as in No. 1.

**Baked Custard (3).**

5 eggs.		Brandy.
$\frac{1}{2}$ oz. sugar.		1 pint milk.
Essence of ratafia (2 drops).		Pastry.

*(Enough for 5 or 6 persons.)*

Line a pie-dish with pastry, make eustard as in No. 1, pour into the dish, and bake until the knife will come out cleanly.

**Baked Custards (Small).**

1 egg.		Flavouring.
2 teaspoonfuls sugar.		Short crust No. 1 (see p. 226).
$\frac{1}{2}$ pint milk.		

*(Enough for 12 custards.)*

Prepare the custard as in No. 1, roll out the pastry thinly, cut into rounds, and line some custard cups. Pour in the custard, not quite filling the tins. Grate with nutmeg. Bake about twenty minutes.

## Boiled Custard (1).

1½ teaspoonfuls cornflour.	2 laurel-leaves or essence of
1 pint milk.	vanilla (30 drops).
2 eggs.	3 teaspoonfuls sugar.

Mix the cornflour with a little cold milk, put the rest of the milk into a saucepan with the laurel leaves and bring slowly to boiling-point. Beat up the eggs, add to them the moistened cornflour and then the hot milk, stirring well. Return to the saucepan and cook until thick; it must be stirred or whisked the whole time. Add the sugar, remove the laurel-leaves, and pour the custard into a basin.

## Boiled Custard (2).

4 new-laid eggs.	Essence of vanilla (30 drops).
1 pint milk.	Brandy.
1 tablespoonful sugar.	

Put the milk on to boil, add slowly to the eggs, which should be well whisked. Return to the saucepan and stir till the eggs are cooked; add the sugar and essence of vanilla, pour into a basin; when cold mix in the brandy.

N.B.—A double saucepan or a jug standing in a saucepan of boiling water is safest to use.

## Caramel Custard.

<i>Caramel.</i>	} +	4 yolks of eggs.
4 oz. loaf-sugar.		2 whites of eggs.
1 gill water.		1 dessertspoonful sugar.
		$\frac{3}{4}$ pint milk.
		Vanilla flavouring.

(Enough for 5 persons.)

*Caramel.*—Put the sugar and water into a saucepan and boil together until a rich brown. Pour into a warm mould and turn the tin round and round until it is coated all over.

*Custard.*—Put the eggs and sugar into a basin and beat together, add flavouring. Bring the milk to boiling-point,

add gradually to the eggs, strain into the mould. Cover with buttered paper and steam from half to three-quarters of an hour.

### Orange Custard.

4 oranges.	1 pint milk.
3 oz. castor-sugar.	2 teaspoonfuls cornflour.
1 oz. cocoanut.	1½ gills whipped cream (if
2 eggs.	liked).

*(Enough for 6 or 7 persons.)*

Remove all rind and white part from the oranges and slice them up thinly, removing the pips. Put into a glass dish and sprinkle over 2 oz. of the sugar and half of the cocoanut. Make the eustard with the eggs, milk, cornflour, and rest of sugar; when cool pour it over the oranges and sprinkle the rest of the cocoanut over. Put the cream lightly on the top. Leave until cold and then serve.

### Betsy Pudding.

Jam.	1 pint milk.
3 oz. breadcrumbs.	1 egg.
1 oz. sugar.	

*(Enough for 5 or 6 persons.)*

Butter a pie-dish and put jam at the bottom. Put the breadcrumbs and sugar into a basin and pour over the boiling milk; when nearly cold add the egg, well beaten, and flavouring of lemon-rind if liked. Pour into the pie-dish and bake for an hour in a slow oven.

### Queen's Pudding.

1 pint milk.	Lemon flavouring.
7 oz. breadcrumbs.	3 tablespoonfuls jam.
2 oz. butter.	4 oz. sugar.
3 eggs.	

*(Enough for 5 or 6 persons.)*

Boil the milk, add the breadcrumbs, boil for a minute. Take off the fire, add sugar, butter, yolks of eggs, and flavour-

ing, pour into a buttered pie-dish. Bake for about half an hour. Spread the jam over, whip the whites till stiff, add 4 oz. castor-sugar, pile roughly on top of the pudding, and sprinkle with sugar. Put in a cool oven and bake until crisp, about twenty minutes.

### Bread-and-Butter Pudding.

2 eggs.	3 thin slices bread-and-butter.
1 pint milk.	1½ oz. currants.
3 laurel-leaves or essence of	1 oz. sugar.
almonds.	Nutmeg.

(Enough for 5 or 6 persons.)

Beat up the eggs, put the milk on to boil with the laurel-leaves, leave until well flavoured. Take out leaves, and pour gradually on to the eggs. Butter a pie-dish, cut the bread-and-butter into square pieces, removing the crust; wash the currants and sprinkle quite half on the bottom of the pie-dish, put in some of the bread-and-butter, sprinkle with sugar and a few currants, add rest of the bread-and-butter, sugar and currants. Pour the custard over and grate a little nutmeg on the top; leave for one hour to soak. Bake for about an hour in a slow oven.

N.B.—Two teaspoonfuls of rum added to the milk will be found a great improvement.

### Cabinet Puddings.

6 preserved cherries.	½ pint milk.
1 oz. citron.	Essence of vanilla.
2 small eggs.	2 oz. stale cake.
½ oz. sugar.	1 gill jam sauce.

(Enough for 6 *darioles*.)

Butter some *dariole* moulds, and decorate with the cherries and citron, beat up the eggs, add, sugar, milk, and flavouring. Put some pieces of cake into each mould, and fill up with the eggs and milk; steam for fifteen minutes. Turn out and serve with jam sauce.



## Cabinet Pudding

1 pint milk.	1½ oz. glacé cherries.
3 eggs.	¼ lb. Savoy biscuits or 4 sponge-cakes.
Essence of almond or vanilla.	1 macaroon.
1 oz. sugar.	

(Enough for 6 or 7 persons.)

Cut the sponge-cakes through, put the milk on to boil, beat up the eggs with the sugar and add the milk gradually. Well butter a 1¼ pint mould, decorate with the cherries, trim the pieces of sponge-cake and arrange them against the sides of the mould, putting the cut surface and the outside of the cakes alternately. Put in the macaroon and trimmings from cakes, pour in the custard; cover with buttered paper and steam one hour and a quarter. Let the pudding stand for a few minutes before turning out. Serve with jam sauce.

## Plain Cabinet Pudding.

¼ lb. bread (cut in dice).	Pinch of salt.
1 egg.	Pinch of grated lemon-rind.
½ pint milk.	½ oz. raisins.
1 oz. sugar.	

(Enough for 4 people.)

Beat up the egg, add the milk, pour over the bread, add the sugar and flavouring and salt, leave to soak for half an hour or longer. Butter a basin, decorate it with the raisins (stoned), pour in the bread, etc., cover with buttered paper; steam for one hour very slowly. Serve with custard or jam sauce.

## Cabinet Fig Pudding.

Cold fig pudding.	1 oz. sugar.
1 pint milk.	Essence of almonds or vanilla.
2 eggs.	

(Enough for 6 or 7 persons.)

Cut the remains of a boiled pudding into small pieces and put into a slightly buttered pie-dish. Bring the milk to boiling-

point, add it to the eggs, well beaten, add sugar and flavouring, pour it over the slices of pudding. Bake in a moderate oven for one hour.

*Note.*—Treacle sponge or Christmas pudding may be used in the same way.

### Honeycomb Pudding.

3 eggs.	1½ teaspoonfuls essence of vanilla.
3 teacupfuls milk.	2 oz. castor-sugar.
½ oz. gelatine.	

*(Enough for 5 or 6 persons.)*

Dissolve the gelatine in the milk, beat yolks and whites separately, add sugar to the yolks and pour over the hot milk; return to the saucepan and stir till it thickens. Take off the fire, add vanilla and whites, mix lightly, pour into a wet mould, leave till set.

N.B.—This pudding may be flavoured with one tablespoonful of brandy instead of the vanilla.

### Lemon Solid.

½ oz. gelatine.	Rind and juice of 1½ lemons.
1 pint milk.	½ lb. loaf-sugar.

*(Enough for 5 or 6 persons.)*

Put the gelatine into a saucepan with the milk, grated lemon-rind, and sugar; stir over the fire till the gelatine has dissolved; let it stand till cool, add the lemon-juice; stir till the curds become finer, then mould.

### Milk Jelly.

1 pint milk.	1½ oz. castor-sugar.
2 or 3 laurel-leaves.	Stewed fruit.
½ oz. sheet gelatine.	

*(Enough for 5 or 6 persons.)*

Put the milk and laurel-leaves into a saucepan, simmer for ten minutes; when cool add gelatine and stir over fire till dis-

solved ; strain, add sugar, and when cool pour into a mould that has been rinsed in cold water ; leave until set. Turn out and serve with the stewed fruit.

### Chocolate Mould (2).

2 oz. chocolate.	½ oz. gelatine.
1 tablespoonful water.	2 teaspoonfuls sugar.
1 pint milk.	Vanilla.
Pinch of salt.	

*(Enough for 5 or 6 persons.)*

Break up the chocolate and put into a saucepan with one tablespoonful of water ; stir over the fire till quite smooth ; add the milk, salt, and gelatine, stirring till the gelatine is dissolved and the milk nearly boiling. Take off the fire, add the sugar and vanilla, mould.

### Pineapple Pudding.

½ tin pine chunks.	1½ oz. sugar.
2 oz. flour.	2 eggs.
2 oz. butter.	3 oz. castor-sugar.
3 gills milk.	

*(Enough for 8 persons.)*

Cut the pineapple into small pieces, and put into a fancy pie-dish (1½ pints) with a little of the syrup ; melt the butter in a saucepan and mix in the flour till smooth ; add the milk gradually, stirring well all the time, cook for five minutes ; take it off the fire, add 1½ oz. sugar and a little of the syrup. When cool, beat in the yolks of the eggs, then pour the sauce over the pineapple, put into the oven for a few minutes to set. Beat the whites to a very stiff froth, add the castor-sugar ; pile roughly on top, sift with sugar, and bake for about twenty minutes until crisp.

### Savoy Mould.

2 eggs.	1 teaspoonful vanilla.
$\frac{1}{2}$ oz. gelatine.	2 oz. Savoy biscuits.
1 pint milk.	1 oz. ratafias.
2 oz. sugar.	A little syrup or brandy.

(Enough for 5 or 6 persons.)

Beat up the eggs in a basin, put the gelatine and milk in a saucepan, and when the gelatine is quite dissolved and the milk is hot, but *not* boiling, pour very slowly on to the eggs ; return to the saucepan, and cook slowly till it thickens ; add vanilla and sugar ; soak the biscuits in a little syrup or brandy, put into a wet mould, and pour the custard over.

### Wine Sponge.

2 sheets Marshall's gelatine.	Rind and juice of $\frac{1}{2}$ lemon.
1 tablespoonful water.	1 gill sherry or other white
2 oz. sugar.	wine.
3 eggs.	2 oz. ratafias.

(Enough for 6 persons.)

Dissolve the gelatine in the water ; put the sugar, eggs, grated lemon-rind and juice and wine into a saucepan, and add the dissolved gelatine ; put over a slow fire and whisk until nearly boiling ; if it boils it is quite spoilt. Put a few of the ratafias in a glass dish, pour the mixture over. When nearly set decorate the top with the rest of the ratafias.

### Suet Pancakes.

9 oz. flour.	6 oz. suet.
Pinch of salt.	1 teacupful milk.
1 teaspoonful baking-powder.	

(Enough for 12 or 14 pancakes.)

Mix the dry ingredients together, add the milk, roll out to about  $\frac{1}{2}$  inch in thickness, cut into rounds and fry. Serve with treacle.

**Batter.**

$\frac{1}{2}$ lb. flour.		2 eggs.
$\frac{1}{4}$ teaspoonful salt.		1 pint milk.

Put the flour and salt into a basin, make a hole in the middle, put in the eggs, add half of the milk gradually, and mix into a smooth batter; beat for ten minutes, add the rest of the milk. Let it stand for an hour or two before cooking.

For a steamed batter pudding use only 6 oz. of flour instead of  $\frac{1}{2}$  lb.

**Frying Batter (1).**

$\frac{1}{4}$ lb. flour.		1 gill tepid water.
Pinch of salt.		Whites of 2 eggs.
1 tablespoonful butter.		

Put the flour and salt into a basin, make a hole in the middle, melt the butter and pour it in; add the water gradually, mixing smoothly; beat for ten minutes. Let it stand for half an hour or longer, then add the whites beaten to a stiff froth, and it is ready to use.

**Frying Batter (2).**

Same as in No. 1, with the addition of—  
 1 yolk of egg.  
 1 tablespoonful cream.  
 A few drops of lemon-juice.

Make as in No. 1, adding the cream and yolk of egg with the butter. Add the lemon-juice just before using.

**Pancakes.**

Batter (see above).		1 lemon.
$1\frac{1}{2}$ oz. lard.		Sugar.

Put the batter into a jug; melt the lard in a small saucepan, pour a little into the frying-pan, and when hot pour in enough

batter to cover the bottom of the pan. When brown on one side, toss or turn with a knife, and brown the other side. Turn on to a piece of sugared paper, squeeze over some lemon-juice and sift with castor sugar ; roll up and put on a hot dish with a dish paper. Garnish with pieces of lemon. It is best to use a small frying-pan.

### Steamed Batter Pudding.

Batter (see p. 189).

1 oz. castor-sugar.

Add the sugar to the batter, steam in a well-buttered basin for two hours. Serve with sweet sauce, or cream.

### Yorkshire Pudding.

Batter (see p. 189).

Dripping from the hot meat.

Pour a good layer of dripping into a Yorkshire pudding tin, let it get quite hot, then pour in the batter and bake from half to three-quarters of an hour.

### Apple Fritters.

3 large apples.

Frying batter No. 1.

Castor-sugar.

*(Enough for 12 fritters.)*

Peel and core the apples, cut into thick transverse slices, dip in the batter and fry in deep fat ; drain on paper ; roll in castor-sugar ; arrange lightly on a laced paper, sprinkle with castor-sugar. Serve at once. Many fruits may be used instead of the apples ; some are improved by soaking in wine or liqueur first.

### Potato Fritters.

$\frac{1}{4}$ lb. butter.	12 sweet and 3 bitter almonds
2 oz. sugar.	(chopped).
2 eggs.	18 oz. cooked potatoes.
Juice and grated rind of 1 lemon.	

(Enough for 16 fritters.)

Cream the butter and sugar, add the eggs, almonds, lemon-rind and juice, then add the potatoes, which have been rubbed through a sieve; mix well, make into shapes, and fry in deep fat. Serve with stewed fruit or jam sauce.

### Brown-bread Pudding.

5 oz. brown bread.	A few drops of essence of
The rind of 1 lemon.	vanilla.
3 oz. castor-sugar.	4 eggs.
1 gill milk.	1 gill cream.

(Enough for 5 or 6 persons.)

Rub the bread through a sieve, put into a basin with the grated lemon rind and sugar, pour the boiling milk over; add the vanilla, and when cool the yolks of the eggs. Add the cream (whipped), and lastly the whites beaten to a stiff froth. Stir lightly, put all into a buttered mould, and steam an hour and a half.

### Egg Pudding.

4 laurel-leaves.	$\frac{1}{2}$ lb. crumb of bread.
1 pint milk.	3 oz. sugar.
4 eggs.	$\frac{1}{4}$ lb. flour.

(Enough for 6 or 7 persons.)

Well wash the laurel-leaves and put into a saucepan with the milk, bring slowly to boiling-point, and let it infuse until sufficiently flavoured. Beat up the eggs. Break up the bread and put it into a basin, pour over the milk, cover with a plate, leave for fifteen minutes or longer. Take out the laurel-leaves,

beat up bread, add sugar, flour, and eggs. Mix well together. Well butter a quart mould, and sprinkle well with sugar. Put in the mixture, and cover with buttered paper. Steam slowly from an hour and a half to two hours. Serve with sweet sauce flavoured with laurel-leaves and two tablespoonfuls of sherry. A little sauce should be poured over the pudding.

### Apple Amber Pudding.

2 lb. apples.		1 lemon.
1 oz. butter.		2 large eggs.
7 oz. sugar.		Pastry (6 oz. flour, etc.).

*(Enough for 7 or 8 persons.)*

Peel, core, and slice the apples, put them into a saucepan with the butter, and 3 oz. of the sugar, cook until a pulp; add the lemon-rind (grated) and juice, and yolks of eggs. Line a pie-dish with the pastry, decorating the edge, pour in the apple mixture; bake for about half an hour. Beat up the whites of eggs stiffly, mix in the rest of the sugar, and pile roughly on the top of the pudding. Dredge with sugar, and bake until crisp—about twenty minutes.

### Apple Dumplings.

6 large apples.		1 oz. sugar.
Short pastry No. 1 (see p. 226).		White of egg.
6 cloves.		

*(Enough for 6 people.)*

Peel and core the apples, roll out the pastry thinly and cut into twelve rounds. Place apples on six of them, putting a clove and some sugar in each. Press the pastry up against the sides, moisten the edges of the remaining rounds of pastry, and cover over the apples, joining edges neatly. Brush over with white of egg beaten up with two teaspoonfuls of water, sprinkle with castor-sugar; bake for about twenty minutes.



N.B.—A quicker way of forming apple dumplings : Instead of rolling out the pastry divide it into as many pieces as you have apples, and work an apple into each.

### Bakewell Tart.

Rough puff pastry (see p. 225),	Flour.
$\frac{1}{2}$ quantities in recipe.	Pinch of salt.
2 tablespoonfuls jam.	$\frac{1}{2}$ teaspoonful baking-powder.
1 egg, its weight in	Glacé icing ( $\frac{1}{2}$ quantities in
Butter.	recipe).
Sugar, and	

Line a tin plate 9 inches in diameter with the puff pastry, work up the edges, spread the middle with jam. Cream the butter and sugar well together, add the egg and a little of the flour in which the baking-powder and salt have been mixed, beat well, add the rest of flour. Spread this mixture over the jam. Bake for about half an hour in a good oven, then pour the glacé icing over the top.

### Blackberry Tart.

4 oz. flour.	1 yolk of egg.
Pinch of salt.	$\frac{1}{2}$ gill milk.
4 oz. cornflour.	$\frac{1}{2}$ lb. stewed blackberries.
1 teaspoonful baking-powder.	$\frac{3}{4}$ gill cream.
3 oz. butter.	1 teaspoonful castor-sugar.
1 tablespoonful sugar.	

(Enough for 8 or 9 persons.)

Mix the flour, salt, cornflour, and baking-powder, rub in the butter, add the sugar. Beat up the yolk of egg, add the milk, and mix the pastry. Roll out into a round shape, and fit it on to a well-buttered tin plate, letting the edges overhang about 1 inch. Roll this up and crimp with finger and thumb, thus forming a nice firm edge to the tart. Prick the centre, and bake till a golden brown. Fill with the blackberries, whip the cream, add one teaspoonful of castor-sugar, and pile on the tart when cold.

### Currant Sandwiches.

3 tablespoonfuls castor-sugar.	Pinch of salt.
3 tablespoonfuls mincemeat.	$\frac{1}{2}$ lb. butter or lard.
3 tablespoonfuls currants.	1 egg.
1 lb. flour.	1 gill water.
2 teaspoonfuls baking-powder.	

(Enough for 12 sandwiches.)

Mix the sugar, mincemeat, and currants together. Add the baking-powder and salt to the flour, rub in the butter, mix with the egg and water. Roll out thinly, put a thin layer on a buttered baking-sheet. Spread the mixture over, brush the edge of the pastry with egg, and put another layer of pastry on top. Bake in a quick oven. When cold trim the edges, cut into squares, dust over with sugar, and serve.

### Curd Cheese-cakes.

1 quart milk.	Pinch of nutmeg.
1 tablespoonful rennet.	3 oz. ratafias (crushed).
$\frac{1}{4}$ lb. butter.	2 tablespoonfuls sherry.
$\frac{1}{4}$ lb. sugar.	Puff pastry (10 oz. flour, etc.,
4 yolks and 1 white of eggs.	see p. 225).
1 lemon-rind (grated).	

(Enough for 40 cheese-cakes.)

Warm the milk, add the rennet, and leave until cold and set. Turn on to a hair sieve, and separate the curds from the whey. Cream the butter and sugar together, add the lemon-rind, nutmeg, curds, and eggs well beaten; add ratafias and wine. Line some patty-pans with puff pastry, half fill with the mixture, and bake in a quick oven for about fifteen minutes.

### Lemon Cheese-cakes.

Lemon-cheese mixture (see p. 286).

Puff pastry (see p. 225).

Line patty-pans with pastry, put some lemon-cheese in each, bake in a quick oven for about fifteen minutes. Small vol-au-vent cases may be made with the pastry, and filled after baking if preferred.

## Éclairs.

Choux pastry (see p. 224).	1½ teaspoonfuls sugar.
Chocolate icing (see p. 262).	½ teaspoonful vanilla.
1½ gills cream.	

(Enough for 16 éclairs.)

Flavour the choux pastry with vanilla, and force the mixture on to a buttered baking-sheet in long shapes about 4 inches. Bake for about half an hour, put on a sieve to cool, split open at the side. Whip the cream, and flavour it with vanilla and sugar. Fill the cases, ice with chocolate icing.

## Fruit Tart.

1½ lb. fruit.	Short pastry No. 1 (see p. 226).
2 tablespoonfuls water.	White of egg.
1 oz. sugar.	

(Enough for 5 or 6 persons.)

Prepare the fruit, half fill a pie-dish, add sugar and water, and fill up with fruit. Roll out the pastry, cut some thick strips, and place them round edge of pie-dish (which has been brushed with butter). Moisten this strip with a little water or egg, roll the pastry a little thinner, and cover the pie. Work up the edges, and mark round with a knife. Beat up the white of an egg with two teaspoonfuls of water, and brush over the pie. Sift with sugar, and bake for about half an hour. Serve hot or cold.

## Manchester Pudding.

½ pint milk.	2 eggs.
2 oz. breadcrumbs.	Short or flaky pastry.
1 oz. butter.	Raspberry jam.
1½ oz. sugar.	3 oz. castor-sugar.
Rind of ½ lemon (grated).	

(Enough for 5 or 6 persons.)

Boil the milk and pour on to the crumbs; add butter, sugar, lemon-rind, and when cool the yolks of eggs. Line a pie-dish with the pastry, put a layer of jam on the bottom, then pour

in the mixture, and bake three-quarters of an hour. Whip the whites to a stiff froth, add 3 oz. castor-sugar, pile roughly on top of the pudding, sift with castor-sugar, and bake till crisp.

### Macaroon Tarts.

$\frac{1}{2}$ lb. puff pastry (see p. 225).	$\frac{1}{4}$ lb. castor-sugar.
$\frac{1}{2}$ lb. raspberry jam.	$\frac{1}{4}$ lb. ground almonds.
Whites of 3 eggs.	

(Enough for 16 or 18 tarts.)

Line some patty-pans with the pastry, and cut some long strips to go across the top. Put a little jam in each. Beat up the whites of eggs to a stiff froth; add the sugar and almonds, stirring them in lightly. Put a spoonful of this mixture in each tart, and cross with two strips of pastry. Bake for about fifteen minutes.

### Mincepies.

1 lb. mincemeat, Nos. 1, 2, or 3 (see p. 198).
$\frac{1}{2}$ lb. puff pastry (see p. 225).

Roll the pastry very thinly, and cut into rounds. Take half of them, brush round (near the edge) with egg, put a little mincemeat in the middle of each, cover with the remaining rounds, joining the edges neatly. Put on a baking-sheet, and cook in a quick oven for about twenty minutes.

### Orange Tart.

$\frac{1}{2}$ lb. puff pastry.	7 oz. sugar.
2 oranges.	Essence of vanilla.
1 Tangerine.	2 teaspoonfuls cornflour.
4 oz. butter	3 eggs and 2 extra yolks.

(Enough for 6 or 7 persons.)

Line a pie-dish with the pastry, and decorate the edge. Grate the rind from the oranges, cream the butter and sugar together; add rind, essence of vanilla, cornflour, yolks of eggs, and juice of oranges. Whip the whites to a stiff froth, and add to the other ingredients. Pour into the dish, bake for about half an hour. Sift with sugar, and serve hot or cold.

## Raspberry Sandwich Tart.

Short crust No. 2 (see p. 226).	White of egg.
$\frac{1}{2}$ lb. raspberries.	2 teaspoonfuls water.
2 oz. sugar.	

(Enough for 7 or 8 persons.)

Butter a tin plate, line with pastry. Put in the fruit and sugar, moisten the edges with a little egg or water. Cover over with rest of pastry, trim edges, work up with a knife, and mark it round. Whip up the white of egg with a little water, brush over the sandwich, sift with castor-sugar, bake about twenty minutes. Serve cold.

## Open Strawberry Tart.

$2\frac{1}{2}$  lb. strawberries.  
 $\frac{1}{4}$  lb. castor-sugar.

*Pastry.*

$10\frac{1}{2}$ oz. flour.	4 oz. sugar.
5 oz. butter.	Grated rind of 1 lemon.
3 eggs.	

(Enough for 14 persons.)

The butter, flour, sugar, lemon-rind, and eggs should be worked together by hand until the mixture looks shiny; then leave it to cool for one hour or longer. Butter a spring form  $10\frac{1}{2}$  inches in diameter by  $1\frac{3}{4}$  inches, and line it with this pastry. Prick the bottom well, half bake it, fill with the strawberries, packing them very closely. Sprinkle over the sugar, and finish cooking. Serve cold.

N.B.—If liked a meringue may be spread over the top, and put in the oven till crisp.

## Strawberry Cream Horns.

Short crust No. 2 (see p. 226).	2 teaspoonfuls castor-sugar.
1 lb. strawberries.	Vanilla.
2 oz. sugar.	Pistachio nut.
$1\frac{1}{2}$ gills cream.	

(Enough for 9 cases.)

Roll the crust out very thinly, and cut into long strips about 1 inch wide. Slightly butter the cream horn-cases.

Take a strip, brush one edge of it with egg, then wind it evenly round the case, beginning at the pointed end, and letting the edges well overlap. Put them on a buttered baking-sheet, and bake for twenty minutes. Put the cases on a sieve to cool. Mash the strawberries with a silver fork, and mix the sugar with them. Whip the cream up stiffly, add sugar and flavouring, fill the horns with the strawberries, put a spoonful of cream on the top of each. Sprinkle a little chopped pistachio-nut over, put into a glass dish, and serve.

### Mincemeat (1).

1 lb. raisins.	$\frac{1}{2}$ lb. Demerara sugar.
1 lb. currants.	Pinch of salt.
1 lb. grapes.	$\frac{1}{2}$ teaspoonful cinnamon.
2 lb. apples.	Juice and rind of 1 lemon,
$\frac{1}{4}$ lb. citron.	1 tablespoonful brandy.
$\frac{1}{4}$ lb. orange-peel.	

Stone the raisins, skin and stone the grapes, wash the currants, peel and core the apples. Chop all finely except the currants, which are added last, with the cinnamon, sugar, salt, grated lemon-rind and juice and brandy; mix well together, put into glass jars. Cover and store in a dry place.

*Note.* — The grapes are substituted for the suet to make the mincemeat more digestible.

### Mincemeat (2).

$\frac{1}{2}$ lb. currants.	3 oz. suet.
$\frac{1}{2}$ lb. raisins.	9 oz. Demerara sugar.
$\frac{1}{2}$ lb. sultanas.	$\frac{1}{4}$ teaspoonful cinnamon.
$\frac{1}{2}$ lb. apples.	$\frac{1}{8}$ nutmeg (grated).
$\frac{1}{4}$ lb. candied peel.	Rind and juice of 1 lemon.

(Enough for 3 lbs.)

Make as in No. 1.

## Mincemeat (3).

2 lb. currants.	1 lb. suet.
2 lb. sultanas.	2 lb. Demerara sugar.
1 lb. raisins.	$\frac{1}{8}$ nutmeg (grated).
4 lb. apples.	$\frac{1}{2}$ teaspoonful mixed spice.
$\frac{1}{2}$ lb. candied peel.	Rind and juice of 2 lemons.
1 lb. lean beefsteak (minced).	$\frac{1}{4}$ pint brandy.

*(Enough for 14 lbs.)*

Make as in No. 1.

## Date Cake.

1 lb. dates.  
 $\frac{1}{4}$  lb. almonds.  
 Wafer paper.

Blanch the almonds, stone the dates, put a round of wafer-paper into a small cake-tin, then a layer of dates, then a layer of almonds, another layer of dates, and so on till the tin is full. Put another round of wafer-paper on top, put a weight on top, leave till well pressed. Turn out and serve for dessert. Fig cake can be made in the same way by using figs instead of dates.

## Cake Mixture for Puddings.

*Foundation.*

3 oz. butter.	4 oz. flour.
4 oz. sugar.	Pinch of salt.
2 eggs.	1 teaspoonful baking-powder.

*For Madeira.*

2 oz. sultanas.  
 1 oz. peel.  
 Flavouring.  
 1 gill jam sauce.

*For Canary.*

Grated rind of 2  
 lemons.  
 1 gill lemon-sauce.

*For Orange.*

Grated rind of 2  
 oranges.  
 Juice of 1 orange.  
 1 gill orange sauce.

*(Enough for 6 persons.)*

Cream the butter and sugar together, add the eggs one at a time with a little flour, in which the baking-powder and salt have been mixed; add flavouring, fruit (if any) and rest of the flour; put in to a pint mould, steam an hour and three-quarters. Serve with the sauce.

### Apricot Pudding.

Foundation as above, using only 2 oz. sugar. Beat the whites to a stiff froth, stir them in at the last with a table-spoonful of apricot jam. Steam an hour and a quarter. Serve with jam sauce (apricot).

### Russian Pudding.

*(Enough for 10 persons.)*

Foundation as above, using twice the quantity. Divide mixture into three, colour one pink and flavour with vanilla, flavour another with chocolate, and the third with grated lemon-rind. Put in layers in a mould. Steam an hour and a half. Serve with custard sauce.

### Cup Puddings.

2 eggs.	Pinch of salt.
3 oz. castor-sugar.	$\frac{1}{2}$ teaspoonful baking-powder.
$\frac{1}{2}$ teaspoonful essence of vanilla.	1 gill jam sauce.
3 oz. flour.	

*(Enough for 6 darioles.)*

Cream the eggs and sugar together, add flavouring, and with an iron spoon lightly stir in the flour, salt, and baking-powder. Butter some dariole moulds, and half fill them with this mixture; bake for twenty minutes. Turn out and serve with the jam sauce.

### Black Currant Sponge Pudding.

$\frac{1}{2}$ teacupful black currant jam.	2 oz. butter.
$\frac{1}{4}$ lb. flour.	2 oz. sugar.
Pinch of salt.	1 egg.
1 teaspoonful baking-powder.	1 tablespoonful milk.

*(Enough for 5 or 6 persons.)*

Coat a pint mould with the jam; rub the butter into the flour, salt, and baking-powder; add the sugar, and mix with the egg and milk. Steam an hour and a quarter.



## Raspberry Pudding.

3 oz. butter.	$\frac{1}{2}$ lb. breadcrumbs.
3 oz. sugar.	2 teaspoonfuls lemon-juice.
2 eggs.	$\frac{1}{2}$ lb. raspberry jam.
1 gill milk.	

*(Enough for 7 or 8 persons.)*

Cream the butter and sugar together, add the yolks, the whites (whisked), milk, breadcrumbs, and lemon-juice. Put a layer of this mixture in a mould, then a layer of jam, and so on till the mould is full. Steam two hours. Coat with jam (melted) before serving.

## Apricot Baskets.

8 small cakes baked in dariole moulds, using $\frac{1}{2}$ quantities given for orange cake.	1 oz. almonds.
$\frac{1}{4}$ oz. pistachio-nuts.	$\frac{1}{2}$ oz. angelica (piece to be 4 inches long).
4 tablespoonfuls apricot jam.	3 tablespoonfuls cream (whipped).

*(Sufficient for 8 baskets.)*

Warm the jam and rub it through a sieve; blanch the almonds, brown them in the oven, then chop them; blanch and chop the pistachio-nuts; soften the angelica by putting it in boiling water, cut it in thin strips for the handles; scoop out the centres of cakes, spread the top and sides with jam, dip the sides in the almonds, and sprinkle the top with pistachio-nut; put a little jam in each, fill up with cream; fix the strips of angelica across to form a handle. Serve on a glass dish.

## Raspberry Baskets.

Make as for apricot baskets, using red-currant jelly and raspberry jam instead of apricot, and pressing the sides in cocoanut instead of almonds.

### Cream Cornets.

8 eggs, and their weight in sugar.	3 gills cream.
Weight of 5 eggs in flour.	$\frac{1}{2}$ oz. castor-sugar.
Flavouring.	Raspberry jam.
	$\frac{1}{2}$ oz. pistachio-nuts.

(Enough for 40 cornets.)

Beat the eggs well, mix a little salt with the flour, and add the sugar, and gradually stir into the eggs; flavour with essence of almonds or vanilla. Well butter some tin plates, put a spoonful of the mixture on each; bake in a quick oven; turn on to sugared paper, and roll in the shape of a cornet. When cold put a spoonful of jam in the bottom of each case. Fill up with whipped cream, sweetened and flavoured; sprinkle chopped pistachio-nut on the top.

### Eggs on Toast.

Swiss roll mixture No. 2 (see p. 247).	$\frac{1}{2}$ pint cream.
$\frac{1}{2}$ tin apricots.	$\frac{1}{4}$ oz. pistachio-nuts.

(Enough for 12 persons.)

Cut the cake into twelve squares, put into a glass dish, and soak well with the syrup; whip up the cream and put a spoonful on each square; press half an apricot into the middle of the cream and sprinkle chopped pistachio-nut over.

### Strawberry Gâteau.

Sponge-cake No. 2 (see p. 245).	Essence of vanilla.
$1\frac{1}{2}$ gills cream.	$\frac{1}{2}$ oz. pistachio nuts.
1 teaspoonful sugar.	

*Purée:*

- 1 lb. strawberries.
- 2 oz. castor-sugar.
- 2 teaspoonfuls brandy.

(Enough for 10 persons.)

Bake the sponge-cake in a tin 7 inches in diameter.

*Purée.*—Rub the strawberries through a hair sieve, reserving

a few of the best for decoration, mix them with the sugar and brandy ; whip the cream and flavour with vanilla and sugar. Hollow out the centre of the cake and fill with the purée, pile up part of the cream on the top, cut the remaining strawberries in half, and stick a strip of pistachio-nut in each to resemble stalks ; arrange these in a circle round the cream, chop the rest of the nuts and sprinkle over the cream, put the rest of cream into a forcing-bag, and force round the cake outside the strawberries.

### Banana Gâteau.

Make as for strawberry gâteau, substituting four bananas and two oranges for the strawberries.

### Fancy Trifle.

A sponge-cake mould (6d.).	4 whites of eggs.
1 tin of aprieots.	Pinch of salt.
2 teaspoonfuls brandy.	8 oz. castor-sugar.

*(Enough for 5 or 6 persons.)*

Mix the brandy with the apricot syrup, cut the cake into slices and pile on a plate in its original form, soaking with the syrup and putting a layer of apricots between each slice ; whip the whites to a very stiff froth, add the sugar, put into a forcing-bag, and force all over the cake ; sift with castor-sugar, and put in a cool oven until crisp ; slip into a glass dish, garnish with a few apricots.

### Peach Trifle.

1 sponge-cake mould (1s.).	3 gills cream.
1 tin of peaches.	3 teaspoonfuls castor-sugar.
A few drops of lemon-juice.	1 teaspoonful vanilla.
2 oz. macaroons.	1 oz almonds.

*(Enough for 10 or 12 persons.)*

Cut the cake into slices, mix peach syrup and lemon-juice, put cake into a glass dish, pouring a little syrup between each

slice; dip the macaroons in syrup and place round the dish. Whip the cream and flavour with sugar and vanilla, put into a forcing-bag and force all over the cake, place the peaches round the dish with a piece of almond in each

### Spanish Trifle.

3 gills milk.  
 $\frac{1}{2}$  oz. potato flour.  
 1 yolk of egg.  
 $\frac{1}{2}$  oz. sugar.

Juice of 1 orange.  
 $\frac{1}{2}$  gill cream.  
 $\frac{1}{2}$  Swiss roll No. 3 (see p. 247).  
 Fruit syrup.

*(Enough for 8 or 9 persons.)*

Put the milk into a saucepan, when boiling add the potato flour mixed smoothly, stir over the fire, and cook three minutes. Put yolk of egg and sugar into a basin, add orange-juice by degrees, mix well, add milk gradually, stirring well all the time; whisk the cream until stiff, add to the mixture when cold. Cut the Swiss roll in slices and put it into a deep glass dish; pour over the syrup; when well soaked pour over the mixture.

### Trifle.

Sponge-cake mould (1s.).  
 2 oz. ratafias.  
 4 oz. macaroons.  
 $\frac{1}{2}$  lb. apricot jam.  
 $\frac{1}{2}$  pint sherry or syrup.  
 2 tablespoonfuls brandy.  
 1 pint custard (see p. 182).

$\frac{1}{2}$  pint cream (whipped).  
 Essence of vanilla.  
 2 teaspoonfuls sugar.  
 1 oz. almonds (blanched and cut in shreds).  
 $\frac{1}{4}$  lb. preserved fruits.

*(Enough for 12 or 14 persons.)*

Put the macaroons and ratafias in a deep glass dish, cut the sponge mould in slices and place on the macaroons, with a little jam between each slice, soaking well with the wine and brandy; pour the custard round, flavour the cream with vanilla, sugar, and a teaspoonful of brandy and force over the mould, decorate with the almonds and preserved fruits.

## Savarin.

$\frac{1}{4}$ lb. flour.	$2\frac{1}{2}$ oz. butter.
Pinch of salt.	$\frac{1}{2}$ oz. pistachios.
$\frac{1}{2}$ oz. cornflour.	1 oz. almonds.
$\frac{1}{4}$ oz. yeast.	2 teaspoonfuls brandy (mixed
1 teaspoonful sugar.	with the salad).
$\frac{1}{2}$ gill milk (warm).	A small fruit salad (see
2 eggs.	p. 218).

Put the flour, salt, and cornflour into a basin. Cream yeast with sugar, add milk and pour into the middle of the flour, mix slightly and put in a warm place to rise for about twenty minutes; add the eggs one at a time, and the butter creamed, beat well; pour into a buttered cylinder mould, leave to rise one hour and a half; bake about forty-five minutes. When nearly baked turn out of the mould on to a baking-sheet and leave to finish cooking; pierce all over with a skewer and soak well with the syrup from the salad, decorate with almonds and pistachios; fill up the centre with the salad and put the rest round. Serve cold.

## Yeast Pudding.

$\frac{3}{4}$ oz. yeast.	$1\frac{1}{4}$ oz. currants.
$1\frac{3}{4}$ gills milk (warm).	1 oz. almonds.
$1\frac{3}{4}$ oz. butter.	Juice and grated rind of
$1\frac{3}{4}$ oz. sugar.	$\frac{1}{4}$ lemon
3 eggs.	$\frac{3}{4}$ lb. flour.

(Enough for 7 or 8 persons.)

Break up the yeast and mix it with half of the milk, put it in a warm place to ferment for twenty minutes. Cream the butter, add the sugar and yolks of eggs alternately, beat well, then add the fruit, lemon-juice, flour, and remainder of milk; mix well, then add the yeast and milk and the whites beaten to a stiff froth; put into a quart mould and steam two hours and a half. Serve with jam sauce.

## NOTES AND RULES ON CREAMS.

There are three types of creams :

1. Whole creams—those made entirely of cream.
2. Fruit creams, consisting of cream and a purée of fruit.
3. Custard creams, made of custard and cream.

In each case the cream is whipped first. There is no difficulty in doing this in the winter, providing the cream is thick, but in hot summer weather it is apt to become buttery. It should be whipped in a cold place, and not too quickly. Use only enough gelatine to insure the cream turning out. Whole creams will set with less gelatine than fruit or custard creams. They should not be turned out of the moulds until they are wanted. Put them in a very cold place—on ice if possible. They are easier to turn out if the moulds are masked with clear jelly. This can be set with some suitable decoration, such as gold-leaf, fruit, or nuts. To mask a mould, stand it on ice, pour in enough jelly to cover the bottom ; when set pour in a little more, and turn the mould slowly round and round on the ice until the sides are coated. Arrange the decoration tastefully, and set it with more jelly. Tinned copper moulds will be found best for moulding jellies and creams. They are easier to unmould than china ones.

*Rules.*

1. Use double cream (*i.e.*, cream that has stood on the milk for twenty-four hours), unless separated by machinery.
2. Mask the mould with clear jelly, and set it with some suitable decoration. If gold or silver leaf is used it must be mixed with a little jelly.
3. Whisk the cream in a cold place until it clings to the whisk.
4. For fruit creams rub the fruit through a hair sieve with the sugar. Some fruit requires stewing first.
5. Use very little gelatine—about  $\frac{1}{2}$  oz. to a pint in the summer, and less in the winter.

6. Dissolve the gelatine in water, using 1 gill to 1 oz. of gelatine. It must be only lukewarm when added, or the heat will destroy the lightness of the cream. If too cold it will not mix properly, and the cream will be rough and lumpy. For a custard cream dissolve the gelatine in the custard.

7. Pour the mixture into the mould as soon as the gelatine is properly mixed in, and before it begins to set, or the cream will be rough and lumpy.

8. To unmould dip the mould in warm water and turn on to a cold dish.

## I. Whole Creams.

### *For Chocolate.*

1 bar Menier chocolate  
(dissolved).  
 $\frac{1}{2}$  teaspoonful essence of vanilla.  
Cochineal.  
Decorations of gold-leaf and  
pistachios.

### *For Lemon.*

2 lemons.  
 $3\frac{1}{2}$  oz. sugar (loaf).  
Decorations of lemon-knots and  
pistachios.

### *For Liqueur.*

$\frac{1}{4}$  gill kirsch, maraschino, or  
noyau.  
 $1\frac{1}{2}$  oz. sugar.  
Lemon-juice to taste.  
Decorations of preserved fruits.

### *Foundation.*

$\frac{3}{4}$  pint cream.  
 $\frac{1}{2}$  oz. gelatine (dissolved in  
 $\frac{1}{2}$  gill water).  
 $\frac{1}{2}$  oz. castor-sugar.  
 $\frac{1}{2}$  pint wine jelly.  
Decorations.

+

*Methods.*—Mask a pint mould with the jelly, decorate, and set with more jelly. Whip the cream, add the gelatine, sugar, and flavouring, mould. Garnish with chopped jelly.

For *chocolate* divide the mixture into two, add the chocolate to one, and colour the other pink. Line the mould with the chocolate, fill with the pink, and cover with the rest of the chocolate cream.

For *lemon* rub the sugar on the lemon rind, dissolve with the gelatine. Use lemon jelly instead of wine jelly.

## 2. Fruit Creams.

<i>Foundation.</i>		<i>For Apricot.</i>	
$\frac{1}{2}$ pint cream.	}	+	Essence of almonds.
$\frac{1}{2}$ pint fruit purée.			Carmine.
$\frac{1}{2}$ oz. gelatine (dissolved).			<i>For Pineapple.</i>
4 oz. sugar.			Noyeau.
Lemon-juice.			<i>For Raspberry.</i>
$\frac{1}{2}$ pint wine jelly.	}	+	1 teaspoonful red-currant jelly.
Decorations of the characteristic ingredient.			Carmine.
			<i>For Strawberry.</i>
			$\frac{1}{2}$ teaspoonful brandy.
			Carmine.

(Enough for  $1\frac{1}{2}$ -pint mould.)

*Method* —For the purée take 1 lb. of fruit and rub through a hair sieve with the sugar. Apricots must be stewed first and pineapple must be pounded. Whip the cream, add fruit purée, lemon-juice, other flavouring, gelatine, and colouring mould. Garnish with chopped jelly.

## 3. Custard Creams.

<i>Foundation.</i>		<i>For Almond.</i>	
$\frac{1}{2}$ pint cream.	}	+	Essence of ratafia.
$\frac{1}{2}$ pint custard			Green colouring.
$\left\{ \begin{array}{l} \frac{1}{2} \text{ pint milk.} \\ \text{Vanilla pod.} \end{array} \right.$			Silver-leaf for decorating.
$\left\{ \begin{array}{l} 3 \text{ yolks of eggs.} \\ 2 \text{ oz. sugar.} \end{array} \right.$			<i>For Coffee.</i>
$\frac{1}{2}$ oz. gelatine.			Coffee essence to taste.
$\frac{1}{2}$ pint wine jelly.	}	+	$\frac{1}{2}$ oz. sugar.
			Gold-leaf for decorating and pistachio-nut.
			<i>For Pistachio.</i>
			$\frac{1}{2}$ oz. pistachio-kernels.
			Green colouring.
			Orange-flower-water.
			Maraschino.

*Method.*—Infuse the milk with the vanilla pod, pour on to the eggs and sugar, return to the saucepan with the gelatine. Cook,



strain, and when cool add to the whipped cream with flavourings and colourings ; mould. Garnish with chopped jelly.

For *pistachio* blanch and shred the pistachios, and mix with a gill of the jelly. Mask the mould with this.

### Lemon Creams.

3 lemons.	1 oz. sugar.
$\frac{1}{2}$ pint cream.	6 pistachio-nuts.

Cut the lemons in half, squeeze from them the juice, wash the rinds in cold water, removing as much of the white as possible, dry in a cloth. Cut enough from each end to make them stand evenly, whip the cream, add the sugar and the juice of one lemon. Put into a forcing-bag and fill the cases, making the cream stand high. Sprinkle with chopped pistachio-nut.

### Orange Creams.

5 Tangerines.	1 gill cream.
1 oz. sugar.	6 pistachio-nuts.
10 drops essence of vanilla.	

Remove the rinds carefully to form two little cases with each orange, as in lemon creams, cut up the fruit, and put back into the cases, only half filling them. Sprinkle with sugar, whip the cream, and flavour with sugar and orange-juice. Force it into the cases in a pyramid shape, sprinkle with chopped pistachio-nut, serve with ice wafers.

### Charlotte Russe (1).

$\frac{1}{4}$ pint wine jelly.	$\frac{1}{2}$ oz. gelatine.
$1\frac{1}{2}$ oz. glacé cherries.	1 gill milk.
A few strips of angelica.	$\frac{1}{2}$ pint double cream.
3 oz. sponge fingers or Savoy	$\frac{1}{2}$ teaspoonful essence of vanilla.
biscuits.	1 dessertspoonful castor-sugar.

(Enough for 5 or 6 persons.)

Choose a cake-tin  $4\frac{1}{2}$  inches in diameter, with straight sides, pour in a little of the jelly. When nearly set arrange

the cherries in a ring round the bottom of the tin, and put the angelica in the centre ; set with the rest of the jelly. Split the biscuits, trim, and arrange round the tin. Dissolve the gelatine in the milk, whip the cream till it is quite stiff, and flavour with the vanilla and sugar. Add to it the gelatine, mix this well in and fill up the mould. Leave till set, and then turn out.

### Charlotte Russe (2).

$\frac{1}{4}$ lb. sponge biscuits.	2 yolks of eggs
$1\frac{1}{2}$ gills milk.	$\frac{1}{2}$ pint cream.
Vanilla pod.	2 teaspoonfuls maraschino.
$1\frac{1}{2}$ oz. sugar.	1 ratafia.
$\frac{1}{4}$ oz. gelatine.	

*(Enough for 5 or 6 persons.)*

Line a cake-tin with the biscuits, put the milk with a piece of vanilla pod into a saucepan, bring to boiling-point, and leave to infuse for a few minutes. Pour gradually on to the eggs and sugar, return to the saucepan with the gelatine, and stir over the fire until dissolved. Strain into a basin. When cool add the cream, which should be whipped up stiffly. Flavour with a little maraschino. Pour into the mould, leave till set, turn out, and put the ratafia in the centre of the top.

N.B.—Use a cake-tin with straight sides,  $4\frac{1}{2}$  inches in diameter.

### Meringues.

4 whites of eggs.	$\frac{1}{2}$ teaspoonful essence of vanilla.
$\frac{1}{2}$ lb. castor-sugar.	$\frac{1}{2}$ pint cream.

*(Enough for 12 meringues.)*

Choose a flat board about an inch thick, soak it in cold water, and cover with a sheet of stiff white paper dipped in cold water. Mix the vanilla with the sugar, beat the whites of eggs until very stiff, mix in the sugar lightly, put the mixture into a foreing-bag with a plain tube at the end, and force on to the prepared board in egg or pyramid shapes ;

sift well with castor-sugar ; bake in a slow oven until crisp. Lift the cases carefully from the board, scoop out the soft part from underneath, put them on a clean dry piece of paper or a baking-sheet with the hollow side upwards, sift with sugar, and put back into the oven to dry. Fill with the cream, joining two together. The cream must be whipped and flavoured with vanilla and sugar. Coffee essence and chocolate are nice for flavouring.

### *Rules for Clear Jelly.*

1. Have all utensils perfectly clean. Scald them before using, and do not dry them.

2. Have no flour about, as jelly is easily clouded ; a few grains would spoil the brilliancy.

3. Put the sugar, gelatine, and water into a saucepan first (letting the gelatine rest on the sugar), so that it will be softening while the other ingredients are being prepared. If Nelson's opaque gelatine is used, it should be soaked several hours before using.

4. The stiffening properties of gelatine vary in different makes, therefore it is safer to keep to one kind, so that you may know exactly the amount to use. The proportion is from 1 to 1½ oz. to each quart of liquid. The jelly should be only just stiff enough to stand. Use a little more gelatine in summer than winter.

5. Pare the lemons very thinly without any of the white.

6. Use whites and shells of eggs to clear the jelly. Wash the eggs before breaking. The whites should be slightly beaten, and the shells broken up.

7. Whisk the jelly well until boiling.

8. Have a good fire and bring quickly to boiling-point.

9. Remove the whisk directly the jelly begins to boil ; let it stand for five or ten minutes before straining.

10. Use a teacloth in preference to a jelly-bag.

11. Strain in a warm place, have the basins and cloth hot ;

plenty of boiling water should be poured through just before the jelly.

12. Jelly for keeping must be boiled after it is cleared and strained, to reduce it a little.

13. Wait until the jelly is cool before moulding; the steam is apt to cloud it.

14. Rinse the moulds in cold water before using.

15. To unmould dip the mould in warm water and turn on to a cold dish.

### Lemon Jelly.

6 oz. loaf-sugar.	1 inch cinnamon.
1½ oz. Marshall's gelatine.	1 clove.
1½ pints water.	Whites and shells of 2 eggs.
5 juicy lemons.	

*(Enough for 1½-pint mould.)*

Put the sugar, gelatine and water into a saucepan. Peel the rind from three of the lemons very thinly; strain the juice of all five, and make it up to ½ pint with water. Put the saucepan with the gelatine, etc., over the fire and stir with a whisk until the gelatine has dissolved, then add the lemon rind and juice, cinnamon, clove, the whites slightly beaten and the shells broken. Whisk well until boiling. Take out the whisk, let it stand by the side of the fire for five or ten minutes, strain through a tea-cloth. The first that runs through will be muddy; return it to the cloth, and wait until it runs clear. When cool mould.

### Claret Jelly.

6 oz. sugar	1 clove.
1 pint water.	1 inch cinnamon.
1¼ oz. Marshall's gelatine.	1 tablespoonful red-currant jelly.
Rind and juice of 1 lemon.	1 tablespoonful brandy.
3 gills claret.	Whites and shells of 3 eggs.

*(Enough for 7 or 8 persons.)*

Make as for Lemon Jelly.

### Pineapple Jelly.

1 large tin of pineapple.  
6 oz. loaf-sugar.  
Water to make 1 quart with  
the syrup.

1½ oz. gelatine.  
Whites and shells of 2 eggs.

Pound the pineapple and sugar together in a mortar, put into a sauepan with the other ingredients. Proceed as for Lemon Jelly.

### Wine Jelly.

7 oz. loaf-sugar.  
1½ oz. sheet gelatine.  
1¼ pints water.  
¼ pint lemon-juice.  
Rind of 2 lemons.

½ pint sherry or marsala.  
2 cloves.  
½ inch cinnamon.  
1 tablespoonful brandy.  
Whites and shells of 2 eggs.

*(Enough for 1½-pint mould.)*

Make as for Lemon Jelly, adding the brandy after clearing.

### Russian Jellies.

1 pint pineapple jelly.  
Cochineal and green colouring.

*(Enough for 8 or 9 dariole moulds.)*

Divide the liquid into three equal portions; colour two of them pink and green respectively. Fill a third of each of the moulds with the uncoloured jelly. When set put another third of green into each mould; when set fill up with the pink. Serve in a glass dish with chopped jelly round.

### Strawberries in Jelly.

1 pint wine jelly.  
About ½ lb. firm, ripe strawberries.

*(Enough for 6 or 7 persons.)*

Rinse a pint mould in cold water, put a little of the jelly in the bottom; pick the stalks from the strawberries, which should be as nearly of a size as possible. When the jelly in the mould has nearly set, arrange a few strawberries on it in

a pattern, first dipping them in a little jelly; then add a little jelly, and when well set add enough jelly to well cover the strawberries. Fill the mould in this way with the jelly and strawberries. When cold turn out into a glass dish. If the mould is stood on ice or in water while being filled the jelly will set much sooner.

### Surprise Oranges.

6 oranges.  
1 quart jelly.  
Carmine.

(*Enough for 10 or 12 persons.*)

Cut a small round from each orange, remove the inside with as much of the white part as possible, put in water, colour half of the jelly red. Drain the oranges, half fill with the jelly; when set fill up with the coloured jelly and replace each round of orange. Serve in quarters in a glass dish, decorate with leaves.

### Egg Jelly.

2 lemons or oranges.		$\frac{3}{4}$ oz. Marshall's gelatine.
1 pint water.		3 eggs.
6 oz. sugar.		

(*Enough for 6 or 7 persons.*)

Put the grated rind of the lemons, the sugar, water, gelatine, and lemon-juice into a saucepan, stir over the fire until boiling, add gradually to the eggs (beaten), return to the saucepan, stir until the eggs are cooked. Strain and mould.

N.B.—This sweet may be varied by whipping the whites to a stiff froth and stirring them in lightly at the end.

### Orange Jelly.

1 oz. Marshall's gelatine.		2 lemons.
3 gills water.		6 large juicy oranges.
$\frac{1}{4}$ lb. loaf-sugar.		

(*Enough for 9 dariole moulds.*)

Soak the gelatine in the water with the sugar and the rind of one lemon and two oranges for fifteen minutes. Put it

into a saucepan and stir over the fire until dissolved, strain into a basin. When cool strain in the orange and lemon juice.

### Lemon Sponge.

Rind and juice of 3 lemons.	5 oz. eastor-sugar.
1 oz. Marshall's gelatine.	2 whites of eggs.
1 pint water.	

*(Enough to fill 2 quart moulds.)*

Peel the lemons very thinly and put into a saucepan with the gelatine and water, stir over the fire until the gelatine has dissolved, add lemon-juice and sugar, strain into a basin, leave till cool. Beat the whites to a very stiff froth, add the gelatine, water, etc., whisk well till it begins to stiffen, pour into a wet mould. When set turn out on to a glass dish.

### Pineapple Sponge (1).

$\frac{1}{2}$ tin of pineapple.	Whites of 3 eggs.
$\frac{1}{2}$ oz. gelatine.	$1\frac{1}{2}$ oz. eastor-sugar.

*(Enough for 7 or 8 persons.)*

Dissolve gelatine in the syrup, which should be made up to  $\frac{1}{2}$  pint with water. Cut the pineapple into small pieces, reserving some larger ones for decorating. Beat whites to a stiff froth, add the gelatine, which should be cool, and whisk until it is nearly setting; add the sugar and small pieces of pineapple, whisk a moment or two longer. Pile roughly in a glass dish and decorate with the rest of the pineapple.

### Pineapple Sponge (2).

$\frac{1}{2}$ tin of pineapple.	4 oz. sugar.
3 whites of eggs.	1 tablespoonful red-currant jelly.

*(Enough for 5 or 6 persons.)*

Cut up the pineapple in small pieces and put into a glass dish. Whip the whites to a stiff froth, add a little sugar and

a little syrup and jelly in turns until it is all mixed in, add a little cochineal. Put the mixture into a forcing-bag and decorate the pineapple.

### NOTES AND RULES FOR STEWING FRUIT.

1. For apples, plums, apricots, green gooseberries, etc., make a syrup of sugar and water. Allow for each pound of fruit  $\frac{1}{4}$  lb. of sugar and 2 gills of water. Boil the sugar and water together for ten minutes, prepare the fruit, put it into the syrup, and cook till tender.

2. For very juicy fruit, such as raspberries, currants, rhubarb, etc., about half the quantity of water should be used in making the syrup.

3. Dried fruit, such as prunes, pippins, French plums, pears, apricots, apples, or apple-rings, should be washed, and then soaked overnight in enough water to cover them. Then stew in the water in which they have been soaked till tender, adding the sugar (2 or 3 oz. to the pound) and suitable flavourings.

4. For hard stewing pears allow  $\frac{3}{4}$  pint of water and 3 oz. of sugar to each pound; being so hard, they require long stewing and the water evaporates.

### Compote of Apples.

3 lb. apples.  
8 oz. sugar.  
1 pint water.  
 $\frac{1}{2}$  gill brandy.

Juice of 1 lemon.  
2 tablespoonfuls apricot jam.  
1 teaspoonful cornflour.

(Sufficient for 8 persons.)

Peel the apples, cut in quarters, and core. Make a syrup with the sugar and water, add the brandy, put in the apples, and cook until tender; they must not be broken at all. Drain them from the syrup, put them in a glass dish. Add the jam, lemon-juice, and cornflour to the syrup, boil until it is



reduced a little, let it cool, then strain over the pieces of apple.

*Note.*—The brandy may be omitted.

### Compote of Apricots.

$\frac{1}{2}$ lb. sugar.	}	$1\frac{1}{2}$ pints wine jelly.
2 gills water.		A few pistachio-nuts.
2 lb. apricots.		

(Enough for 7 or 8 persons.)

Make a syrup of the sugar and water, stone the apricots, and stew them gently in the syrup till tender. Leave till cold. Crack the stones and remove the kernels, put a little of the liquid jelly in the bottom of a glass dish, arrange some of the apricots in a layer with the cut side uppermost and half a kernel in each half apricot, pour over a little jelly at the point of setting, and when set sprinkle over some chopped jelly. Arrange rest of the apricots, liquid jelly, and chopped jelly in this way, building them up in a pyramid shape. Sprinkle over a little chopped jelly and decorate with the pistachio-nut.

### Compote of Fruit.

1 lb. prunes.	}	$\frac{1}{2}$ lb. sugar.
3 oz. sugar.		$\frac{1}{2}$ tin of apricots.
6 apples.		1 oz. almonds.
1 pint water and juice of 1 lemon.		6 teaspoonfuls jam.

(Enough for 6 or 7 persons.)

Wash the prunes and soak for several hours in water to cover, then stew them with 3 oz. of sugar till tender. Peel and core the apples. Make a syrup of the sugar and water and lemon-juice, stew the whole apples in it till tender, decorate them with the blanched almonds, and fill up centres with the jam. Arrange the prunes in a glass dish, put the apples on top, and then the apricots round. Reduce the syrup, and when cool pour it over the compote.

### Fruit Blancmange.

1 tin of peaches.	1 oz. gelatine.
Same quantity of water as syrup.	1 quart milk.
6 oz. sugar.	Essence of vanilla or almonds.

*(Enough for 12 persons.)*

Drain the syrup from the peaches, add the water and 4 oz. of the sugar. Reduce, put in the peaches, and simmer for ten minutes. Drain, and put syrup and peaches aside separately. Dissolve the gelatine in the milk, add the remainder of sugar, and flavour. When at the point of setting put a teacupful into a 3-pint mould, then a layer of peaches; when set add more mixture and another layer of peaches; fill the mould in this way. Serve with the syrup poured round.

### German Apple Sponge.

1 lb. apples (peeled).	Juice and grated rind of 1 lemon.
4½ gills water.	½ oz. red gelatine.
¼ lb. sugar.	1 gill (nearly) white wine.

*(Enough for 7 or 8 persons.)*

Cook the apples in the water and sugar till reduced to a pulp, rub through a hair sieve, add lemon rind and juice. Dissolve the gelatine in the wine, add to the apples. Put into a glass dish, serve cold.

### Fruit Salad.

1 lb. fresh fruit (mixed).	¼ lb. tinned apricots.
¼ lb. prunes.	A few pineapple chunks.
1 oz. almonds and a few pistachios.	½ lb. loaf-sugar.
1 Tangerine.	1 gill water.
1 banana.	Wine or liqueur flavouring.
Juice of 1 lemon.	A few preserved fruits (if liked).

*(Enough for 6 or 7 persons.)*

Prepare all the fruit; flake the orange, cut the apricot and pineapple into small pieces, stone the prunes, blanch the

almonds and pistachios ; put all together into a basin, add the lemon-juice. Boil the sugar and water together for fifteen minutes, pour it over the fruit, add the apricot and pineapple syrup and the wine or liqueur flavouring, leave till quite cold. Serve in a salad-bowl.

### Gooseberry Fool.

2 lb. gooseberries.	1 gill water.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ pint custard or cream.

(Enough for 7 or 8 persons.)

Boil the sugar and water together for a few minutes, put in the gooseberries, and cook until tender. Rub through a sieve, mix with the cream or custard, pour into a glass dish, and serve cold.

### Dessert Normandy Pippins.

$\frac{1}{2}$ lb. Normandy pippins.	$\frac{1}{2}$ lb. moist sugar.
Pinch of cinnamon.	1 lemon.
Pinch of ground ginger.	$1\frac{1}{2}$ pints water.

(Enough for 8 or 9 persons.)

Well wash the pippins and put them into a basin with the water, cinnamon, and ginger ; soak all night. Peel the lemon very thinly and cut it in slices, removing all the white part, add this to the pippins and half of the sugar. Turn all into a stewpan and cook gently for an hour, then add the rest of the sugar, and cook until tender. When cold arrange in glass dishes.

### Prune Mould.

1 lb. prunes.	1 oz. Marshall's gelatine.
1 pint water.	$\frac{3}{4}$ pint water.
$\frac{1}{2}$ lb. sugar.	1 wineglass claret.
Rind and juice of 1 lemon.	2 tablespoonfuls raspberry
1 inch cinnamon.	jam.

(Enough for 10 persons.)

Well wash the prunes and soak all night in a pint of water, put them into a saucepan with the sugar, lemon-rind, and

cinnamon, cook until tender, remove the stones from the prunes. Put the gelatine and  $\frac{3}{4}$  pint of water into a saucepan, stir until dissolved, then add lemon-juice, claret, jam, and syrup in which the prunes were cooked; bring to boiling-point, then strain into a basin, add the prunes, and mould. When set turn into a glass dish.

### Rhubarb Mould.

1 quart rhubarb.	Essence of lemon or juice of
1 oz. pink gelatine.	$\frac{1}{2}$ lemon.
$\frac{1}{2}$ gill water.	1 pint custard or $\frac{1}{2}$ pint
$\frac{5}{4}$ lb. white sugar.	cream.

(Enough for 8 or 9 persons.)

Wash the rhubarb and cut into pieces, put in a stewpan with a tablespoonful of water, put on the lid, and cook till quite a pulp. Melt the gelatine in the water, and when dissolved mix it with the rhubarb, add sugar and lemon, stir well, pour into a wet mould. When set dip the mould into hot water, turn on to a glass dish, and pour the custard or cream round.

### Stewed Pears.

2 lb. pears.	2 cloves.
$1\frac{1}{4}$ pints water.	4 allspice.
6 oz. sugar.	1 gill claret.

(Enough for 7 or 8 persons.)

Peel the pears, cut them in half, and core. Put into a saucepan with all the other ingredients, stew till tender. Put into a glass dish. Reduce the syrup, and when cool pour over.

## CHAPTER XI

### BREAD AND PASTRY

#### RULES FOR BREAD-MAKING.

1. FOR a good home-made loaf use household flour; it is more nourishing and makes a moister loaf.
2. For milk rolls and faney bread use pastry flour; it is lighter.
3. Use good, fresh German yeast; it should be pale in colour, breaking cleanly, and not sticky.
4. Use tepid water for mixing. To get this take one-third of boiling water to two-thirds of cold.
5. Use a warm pan, and keep the dough at an even temperature.
6. Knead well.
7. Let the dough rise well before making it into loaves.
8. Have a very hot oven at first, allowing it to cool down gradually.
9. Time the bread, allowing one hour for a half-quartern loaf, and from one and a quarter to one and a half hours for a quartern.
10. For tin bread the dough should be left to rise for ten minutes after it is put into the tins before baking.
11. Bread should be turned upside down when it comes out of the oven.

### Brown Bread No. 1.

1 lb. whole meal.	1 teaspoonful salt.
$\frac{1}{2}$ lb. white flour.	$\frac{1}{2}$ pint milk.
2 large teaspoonfuls home-made baking-powder (see p. 232).	$\frac{1}{2}$ pint water.

(Enough for 2 half-quartern tins.)

Mix the whole meal, flour, baking-powder, and salt together; add the milk and water, mix quickly, put into two buttered bread-tins, bake for one hour.

N.B.—White bread may be made in the same way.

### Brown Bread No. 2.

2 $\frac{1}{2}$ lb. whole meal.	2 teaspoonfuls salt.
1 lb. white flour.	1 teaspoonful sugar.
1 oz. yeast.	1 $\frac{1}{2}$ pints tepid water.

Make as for White Household Bread.

### White Household Bread.

3 $\frac{1}{2}$ lb. flour.	1 teaspoonful castor-sugar.
1 oz. German yeast or 2 table- spoonfuls brewer's yeast.	1 $\frac{1}{2}$ pints tepid water.
	$\frac{1}{2}$ oz. salt.

Pass the flour through a sieve into a warm basin, make a hole in the middle of the flour. Break up the yeast, add the sugar, cream together until liquid, pour into the hole, in the flour, add the water, and stir in enough flour from the sides to form a thick batter. Sprinkle with flour, put the salt round the sides (this is called setting the sponge), cover the pan with a cloth, and put in a warm place for half an hour. Knead into a firm dough. The pan should be quite clean, and on cutting the dough through it should be smooth and free from dry bits. Put again in a warm place for one and a half or two hours. It should swell to more than double the size. Turn the dough when ready on to a floured board, and

make into two loaves. Put them on a floured tin, and bake for one hour.

N.B.—The oven must be very hot when the bread is put in.

### Milk Rolls.

1 lb. flour.  
1 teaspoonful salt.  
 $\frac{1}{2}$  oz. yeast.  
1 teaspoonful sugar.

1 oz. butter.  
 $\frac{1}{2}$  pint milk (barely).  
1 egg.

(Enough for 18 rolls.)

Pass the flour and salt through a sieve into a warm basin, cream the yeast and sugar together. Put the butter and milk into a saucepan; when warm add them to the egg (well beaten) and the yeast. Add these to the flour, and mix into a light dough with a wooden spoon. Leave in a warm place until well risen—from one to one and a half hours. Turn the dough on to a board, divide into eighteen pieces, make into shapes. Put on a buttered tin, and leave in a warm place for fifteen minutes. Bake in a hot oven for about fifteen minutes. Brush over with milk.

### NOTES AND RULES ON PASTRY.

The variety in pastry depends chiefly on the way in which the butter is added.

In *short crust* it is rubbed into the dry flour.

In *flaky* the flour is mixed into a paste, and the butter spread all over. It is then folded up many times, thus forming when baked a number of layers or flakes.

In *rough puff* the butter is cut into large pieces, and mixed with the flour.

In *puff* the flour is mixed into a smooth paste, and after being rolled out the butter is placed in the centre and wrapped up, and then rolled out with the paste, forming large flakes of fat.

In the process of rolling and folding these flakes become more or less mixed up, causing a puffiness which we do not get in short or flaky.

### *Rules for Pastry.*

1. Use the finest flour, passing it through a sieve with the salt and baking-powder if used.
2. Keep everything as cold as possible.
3. For short crust the butter must be rubbed in with the tips of the fingers until it looks like breadcrumbs.
4. Use water sparingly, especially for short crust.
5. Mix with a knife.
6. Use very little flour in rolling, merely dusting the paste and board with a brush.
7. For glazing tarts use one white of egg and two teaspoonfuls of water. Beat them up together slightly, brush over the pastry, and sift with castor-sugar.
8. Have a very hot oven for puff pastry, and a cooler one for short crust.
9. Do not take it out of the oven until quite cooked ; it should then feel firm.
10. While the pastry is baking avoid opening the oven door wide, or shutting it quickly. Cold air or a sudden draught makes the pastry sink.
11. Pastry should always be left to cool in a warm, dry place.
12. Keep it in a dry and well-ventilated place.

### **Choux Pastry.**

$\frac{1}{4}$ lb. flour.	2 oz. butter.
Pinch of salt.	$\frac{1}{2}$ pint water.
1 teaspoonful cornflour.	2 whole eggs and 1 yolk.

Mix the flour, salt, and cornflour together. Put the butter and water into a saucepan ; when boiling stir in the flour. Cook well until it leaves the sides of the saucepan. Take off the fire, and beat in the eggs one at a time. Season or flavour as required.



### Flaky Crust.

$\frac{1}{2}$  lb. flour.  
Pinch of salt.

About 1 gill water.  
 $\frac{1}{4}$  lb. butter.

Mix the flour into a smooth paste with the water, roll out thinly to a square shape, spread the butter all over it, sprinkle with flour, fold in three beginning from the top, then in three beginning from the sides. Roll out thinly, fold in three beginning from the top. Press the edges together, turn pastry round, roll out again, fold in three. The pastry is now ready to use.

### Puff Pastry.

$\frac{1}{2}$  lb. flour.  
 $\frac{1}{2}$  lb. fresh butter.

Pinch of salt.  
About 1 gill water.

Rub 1 oz. of the butter into the flour, make a hole in the middle, and pour in water gradually, working it into a stiff paste. Leave for a few minutes. Press out the butter in a floured cloth to a square shape, flour well. Roll out pastry to a long shape, three times the length of the butter, and twice as wide. Place the butter in the centre, fold over the pastry from the top and bottom, then fold over the sides. Press with the rolling-pin, turn over, roll out thinly to a square, fold in three sideways, roll out a little longer, fold in three beginning from the top. Leave in a cool place for ten or fifteen minutes, roll out twice more in the same way.

*Note.*—Six oz. butter, or even 4 oz., might be used to  $\frac{1}{2}$  lb. flour if a cheaper pastry were required.

### Rough Puff Pastry.

$\frac{1}{2}$  lb. flour.  
5 or 6 oz. butter.

Salt.  
About 1 gill water.

Cut the butter into large pieces and mix with the flour, make a hole in middle of flour, and mix gradually with the water, taking care not to break the lumps of butter. Leave for five minutes. Turn on to a floured board, roll out thinly, fold in three beginning from the top, press the edges together,

and put the pastry aside for ten minutes in a cool place. Roll out again, taking care that the side which has not any edges is to your right or left hand. Fold in three beginning from the top, press the edges together, turn round, roll out again, fold in three beginning from the top, roll out, fold up, and it is ready to use.

### Raised Piecrust.

1 lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 5 oz. lard or butter.

1 gill milk.  
 1 yolk of egg.

Put the milk and butter into a saucepan ; when boiling add to the flour and mix to a stiff paste, then work in the yolk of egg. For plain pies the yolk of egg may be omitted.

### Short Crust No. 1.

$\frac{1}{2}$  lb. flour.  
 1 teaspoonful baking-powder.  
 Pinch of salt.

$\frac{1}{4}$  lb. butter, lard, or dripping.  
 About  $\frac{1}{2}$  gill water.

Rub the butter into the flour, mix to a stiff paste with cold water, turn on to a floured board, roll out, and it is ready to use.

### Short Crust No. 2 (for Cold Fruit Tarts).

$\frac{1}{2}$  lb. flour.  
 Pinch of salt.  
 4 $\frac{1}{2}$  oz. butter.

1 tablespoonful castor-sugar.  
 1 yolk of egg.  
 1 tablespoonful water.

Rub the butter into the flour, add the sugar, mix with the yolk of egg and water, knead until smooth, roll out and use.

### Suet Crust.

$\frac{1}{2}$  lb. flour.  
 $\frac{1}{4}$  lb. suet.  
 1 teaspoonful baking-powder.

Salt.  
 About 1 gill water.

Mix the dry ingredients together, mix into a stiff paste with the cold water, turn on to a floured board, and roll out to size required.

## CHAPTER XII

### CAKES

#### NOTES ON CAKE-MAKING.

THE two most important points in cake-making are the mixing and the baking.

The four chief ways of mixing are as follows :

1. Rub the fat into the flour, then add all the dry ingredients, then pour all the liquid in at once, only stirring just long enough to mix all together. This method is generally used for plain cakes.

2. Cream the butter and the sugar together, then beat in the eggs one at a time with a little of the flour, and stir in all the dry ingredients. This method is used for rich cakes.

3. Beat the sugar and eggs together until light and stiff, then mix in the flour lightly. This method is used for sponge and other light cakes.

4. Warm the sugar, butter, and treacle together, add this mixture to the dry ingredients, with the rest of the liquid, as in gingerbread.

In cakes where the lightness depends chiefly on the baking-powder (as in No. 1) care must be taken that they are put into the oven as soon as possible after the liquid is added.

In cakes where the butter and sugar are creamed together, the baking-powder may be omitted if the mixture is well beaten by hand for twenty minutes or more

## RULES FOR CAKE-MAKING.

1. The oven must be quite clean.
2. Heat must be uniform.
3. The temperature of the oven should be highest when the cake is put in; the time of baking depends upon the thickness of the cake, rich mixtures taking longer than plain ones. The heat should be reduced a little after the cake is well risen. To keep a steady heat feed the fire often, putting on little fuel at one time.
4. Cakes should not be moved while baking until quite set, especially very light mixtures; it often shakes them down and makes them close and heavy.
5. The oven door must not be opened very wide when looking at the cakes; the door must not be slammed, as it causes a current of cold air.
6. When baked the centre will feel firm; another test is to pierce the cake with a trussing-needle or skewer: it should come out quite clean.
7. Put on a sieve to cool after taking out of the tins.

## PREPARATION OF CAKES.

1. For rich cakes line the tins with well-buttered paper.
2. For plain cakes the tins must be well buttered.
3. Currants must be well washed and dried, then rubbed on a sieve or in a cloth, with a little flour, to remove the stalks.
4. Sultanas must not be washed, only rubbed with a little flour on a sieve or in a cloth to remove stalks.
5. Raisins should be stoned and cut in half.
6. Candied peel should be cut up finely.
7. Eggs should be broken separately, in case of bad ones.
8. Lemon-rind should be grated or chopped very finely, taking care that *no* white is used.

9. When dripping is used, it must always be clarified, or it will give a meaty flavour to the cake.

10. For sponge cakes oil the moulds or brush with clarified butter, then sprinkle with castor-sugar and flour mixed in equal quantities.

*Method No. 1.*

- (a) 1. Butter the cake-tins and line with buttered paper, except for the very plain cakes.  
2. Prepare the fruit.  
3. Pass the flour through a sieve with the salt and baking-powder (or cream of tartar and carbonate of soda).  
4. Rub in the butter, lard, or dripping.  
5. Add the fruit and sugar, mix all these dry ingredients together.  
6. Beat up the eggs and add the milk to them.  
7. Add the eggs and milk to the dry ingredients, and mix lightly but thoroughly.  
8. Pour into the tins. Bake in a fairly quick oven.
- (b) 1. Butter a baking-sheet.  
2. Pass the flour through a sieve with the salt and baking-powder (or cream of tartar and carbonate of soda).  
3. Rub in the butter, lard, or dripping.  
4. Add the fruit and sugar.  
5. Beat up the eggs and add the milk.  
6. Add the eggs and milk to the dry ingredients, mix all lightly but thoroughly.  
7. Turn on to a floured board, divide into equal-sized pieces, make into shapes, handling as little as possible.  
8. Put on to the baking-sheet, bake in a quick oven.
- (c) Same as *b*, except Rule 7, which is as follows : Pile the mixture roughly in little heaps on the baking-sheet.

*Method No. 2.*

- (a) 1. Line the tins with buttered paper.  
2. Pass the flour, salt, and baking-powder through a sieve.  
3. Prepare the fruit.  
4. Cream the butter and sugar well together until the mixture will fall easily from the spoon.  
5. Add the eggs one at a time, with a little of the flour, beating well after each.  
6. Add the fruit, rest of the flour, and milk if included amongst ingredients.
- (b) 1. Line cake-tins with well-buttered paper ; small fancy tins need only be buttered.  
2. Pass the flour, baking-powder and salt through a sieve.  
3. Prepare the fruit, if any.  
4. Beat the yolks and whites separately.  
5. Whisk the cream.  
6. Cream the butter and sugar well together until the mixture will fall easily from the spoon.  
7. Add the yolks gradually to the butter and sugar, with a little of the flour, beating well.  
8. Add fruit, if any, remainder of flour, whites of eggs, and cream.  
9. Bake in a moderate oven, lowering the temperature after the cake has well risen.
- (c) 1. Butter small tins ; if large ones are used, line with buttered paper.  
2 and 3. Same as Nos. 2 and 4 (a).  
4. Add flavouring or colouring.  
5 and 6. Same as in Nos. 5 and 6 (a).
- (d) Prepare as for (a) ; beat for twenty minutes, as no baking-powder is used ; add the brandy last.

*Method No. 3.*

- (a) 1. Pass flour and salt through a sieve.  
2. Boil sugar and water together until thick and syrupy.  
3. Beat up the eggs and add the syrup.  
4. Whisk well until light and stiff.  
5. Add flavouring and colouring, if any.  
6. Mix in the flour lightly with an iron spoon.  
7. Bake in a slow oven.
- (b) 1. Pass flour, baking-powder and salt through a sieve.  
2. Beat the eggs and sugar well together.  
3. Mix in the flour lightly with an iron spoon.  
4. *For Swiss Rolls*.—Butter and line a baking-sheet, size  $14\frac{1}{2}$  inches by 10 inches by  $\frac{5}{8}$  inch, and spread the mixture over; when baked turn on to sugared paper, spread with hot jam, and roll up.
- (c) 1. Pass the flour and salt through a sieve.  
2. Put the eggs and sugar into a basin, whisk over hot water until thick and creamy.  
3. Add colouring or flavouring, if any.  
4. Stir in the flour lightly with an iron spoon, and the butter (if any) melted.  
5. For Swiss rolls see (b), No. 4.
- (d) 1. Pass flour, baking-powder, salt, and cornflour or rice, through a sieve.  
2. Separate the whites from the yolks of eggs, cream yolks and sugar, whisk whites stiffly.  
3. Add flavouring or colouring to the yolks and sugar.  
4. Add flour and white of egg alternately until all is mixed in.  
5. If any butter is included, it must be melted and added with the flour and whites.

*Method No. 4.*

1. Pass the flour through a sieve with the salt.
2. Add the fruit and spice.
3. Put the butter, sugar, and treacle into a saucepan, and stir over the fire until hot.
4. Dissolve the soda in the milk, and add to the eggs, which should be well beaten.
5. Add the butter, sugar, and treacle to the dry ingredients, also the eggs, milk, and soda.
6. Mix well together.
7. Put into buttered and papered tins.
8. Bake in a moderate oven.

**Home-made Baking-powder.**

$\frac{1}{2}$  lb. carbonate of soda.

6 oz. tartaric acid.

$\frac{1}{4}$  lb. rice flour.

(*Makes 1 lb. 2 oz.*)

Pass the carbonate of soda and tartaric acid through a sieve, mix with the ground rice, and pass together through a sieve two or three times to get thoroughly mixed. Store in tins in a dry place.

N.B.—Specially given for bread-making. It is too strong for cakes, unless only half the quantity stated is used.

**Plain Cake Mixture. No. 1.***Foundation.*

1 lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 $\frac{1}{2}$  teaspoonful carbonate of soda.  
 1 teaspoonful cream of tartar.  
 5 oz. dripping.  
 5 oz. sugar.  
 2 eggs.  
 $\frac{1}{2}$  pint milk.

*For Sultana.*

6 oz. sultanas.  
 2 oz. candied peel.  
 (*Weight, 2 $\frac{1}{2}$  lb.*)

*For Seed.*

2 teaspoonfuls caraway-seeds.  
 2 oz. candied peel.  
 (*Weight, 1 lb. 14 oz.*)

Method No. 1 (a). Sift with sugar before baking, bake about one hour.



## Plain Cake Mixture No. 2.

*Foundation.*

$1\frac{1}{2}$  lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 $4\frac{1}{2}$  teaspoonfuls baking-powder.  
 3 oz. butter.  
 3 oz. lard.  
 $\frac{1}{2}$  lb. sugar.  
 3 eggs.  
 3 gills milk.

*For Sultana.*

$\frac{1}{2}$  lb. sultanas.  
 3 oz. candied peel.  
 Pinch of grated lemon-rind.  
 (Weight,  $3\frac{3}{4}$  lb.)

*For Seed.*

3 teaspoonfuls caraway-seeds.  
 2 oz. candied peel.  
 (Weight,  $3\frac{1}{4}$  lb.)

Method No. 1 (a). Sift with sugar before baking, bake about an hour and a quarter.

## Plain Cake Mixture No. 3.

*Foundation.*

$1\frac{1}{2}$  lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 1 teaspoonful carbonate of soda.  
 2 teaspoonfuls cream of tartar.  
 9 oz. butter.  
 9 oz. sugar.  
 5 eggs.  
 $\frac{1}{2}$  pint milk.

*For Sultana.*

$\frac{3}{4}$  lb. sultanas.  
 3 oz. candied peel.  
 (Weight,  $3\frac{3}{4}$  lb.)

*For Seed.*

3 teaspoonfuls caraway-seeds.  
 3 oz. candied peel.  
 (Weight, 3 lb.)

*For Madeira.*

Flavouring of lemon-rind, or  
 essence of lemon, vanilla,  
 or almond.

Slice of citron for top of  
 cake.

(Weight, 3 lb.)

Method No. 1 (a). Sift with sugar, bake an hour and a half.

## Luncheon Cake Mixture No. 1.

<i>Foundation.</i>		<i>For Sultana or Currant.</i>	
1 lb. flour.	}	$\frac{1}{2}$ lb. sultanas or currants.	+
$\frac{1}{4}$ teaspoonful salt.		3 oz. candied peel.	
2 teaspoonfuls baking-powder.		( <i>Weight, 3 lb.</i> )	
6 oz. butter.		<i>For Seed.</i>	
6 oz. sugar.		2 teaspoonfuls caraway-seeds.	
Rind of $\frac{1}{2}$ lemon (grated).		2 oz. citron.	
2 eggs.		( <i>Weight, 2<math>\frac{1}{2}</math> lb.</i> )	
2 gills milk.			

Method No. 1 (a). Bake an hour and a half.

## Luncheon Cake Mixture No. 2.

<i>Foundation.</i>		<i>For Raisin.</i>	
1 lb. flour.	}	$\frac{1}{2}$ lb. raisins.	+
$\frac{1}{4}$ teaspoonful salt.		$\frac{1}{4}$ lb. candied peel.	
2 teaspoonfuls baking-powder.		( <i>Weight, 3 lb.</i> )	
$\frac{1}{2}$ lb. butter.		<i>For Seed.</i>	
$\frac{1}{2}$ lb. sugar.		2 teaspoonfuls caraway-seeds.	
Rind of $\frac{1}{2}$ lemon grated.		3 oz. citron.	
5 eggs.		( <i>Weight, 2<math>\frac{1}{2}</math> lb.</i> )	
1 teacupful milk.			

Method No. 1 (a). Bake about an hour and three-quarters.

## Cup Cakes.

2 teacupfuls flour.		1 oz. candied peel.
$\frac{1}{4}$ teaspoonful salt.		Flavouring.
1 teaspoonful baking-powder.		1 egg.
2 oz. butter.		1 gill milk.
$\frac{3}{4}$ teacupful sugar.		

(*Enough for 14 cakes.*)

Method No. 1 (a). Bake in dariole-cups for about fifteen minutes.

## Fruit Cake.

15 oz. flour.	6 oz. sultanas.
$\frac{1}{4}$ teaspoonful salt.	$\frac{1}{4}$ lb. candied peel.
3. teaspoonfuls baking-powder.	$\frac{1}{2}$ lb. sugar.
$\frac{1}{2}$ lb. butter.	4 eggs.
6 oz. currants.	$\frac{3}{4}$ breakfastful milk.

(Weight,  $3\frac{1}{4}$  lb.)

Method No. 1 (a). Bake for about an hour and a half.

## Raspberry Buns.

10 oz. flour.	2 oz. lard or clarified fat.
Pinch of salt.	2 oz. castor-sugar.
1 teaspoonful cream of tartar.	1 egg.
$\frac{1}{2}$ teaspoonful carbonate of soda.	1 gill milk.
	1 tablespoonful raspberry jam.

(Enough for 10 buns.)

Method No. 1 (b). After dividing the mixture into equal pieces, make a hole in each, put in a little jam, and wrap into ball shapes.

## Scones No. 1.

1 lb. flour.	3 oz. butter.
$\frac{1}{4}$ teaspoonful salt.	1 oz. sugar.
2 teaspoonfuls cream of tartar.	1 oz. sultanas.
1 teaspoonful carbonate of soda.	$\frac{1}{2}$ pint milk (sour).

(Enough for 16 scones.)

Method No. 1 (b). After turning on to a floured board divide into four, make into rounds, put on a baking-sheet, cut each round into four, bake in a quick oven for fifteen to twenty minutes. When baked brush with milk and sift with sugar.

## Scones No. 2.

1 lb. flour.	2 oz. butter.
Pinch of salt.	1½ oz. sugar.
2 teaspoonfuls cream of tartar.	1 egg.
1 teaspoonful carbonate of soda.	Buttermilk to make ½ pint with the egg.

(Enough for 20 scones.)

Method No. 1 (b). After turning on to a floured board roll out lightly, cut into rounds with a small cutter 2 inches or 2¼ inches, bake about ten minutes.

## Brown Scones.

¾ lb. whole meal.	¼ teaspoonful salt.
¼ lb. white flour.	2 oz. butter or lard.
1½ teaspoonfuls home-made baking-powder.	½ pint milk.

(Enough for 20 scones.)

Method No. 1 (b). Turn on to a floured board, roll out lightly, cut into rounds with a small cutter, bake ten to fifteen minutes.

*Note.*—The whole meal must not be passed through a sieve.

## Drop Scones.

1 lb. flour.	1 oz. fine sugar.
¼ teaspoonful salt.	1 teaspoonful cream of tartar.
1 pint milk or buttermilk.	1 small teaspoonful carbonate of soda.
2 eggs.	

Pass flour and salt through a sieve into a basin, make a hole in the middle, put in the eggs well beaten, and add the milk gradually. Mix into a smooth batter, add the sugar. Dissolve the cream of tartar and carbonate of soda in separate cups with a little milk, add them to the batter, and stir until well mixed. Get the girdle very hot, rub it over with a piece of suet. Put a spoonful of batter on the girdle; when it is set on one side turn it over and brown on the other.

## Girdle Scones.

$\frac{1}{2}$  lb. flour.  
Salt.  
 $1\frac{1}{2}$  oz. butter.  
1 gill milk.

2 eggs.  
 $1\frac{1}{2}$  oz. sugar.  
 $\frac{1}{2}$  teaspoonful cream of tartar.  
 $\frac{1}{2}$  teaspoonful carbonate of soda.

(Enough for 1 dozen.)

Rub the butter into the flour, add the salt, mix with the eggs (well beaten) and the milk till it is a smooth batter; add the sugar, dissolve the cream of tartar and the carbonate of soda in separate cups with a little milk, and add to the batter. Heat the girdle, rub it over with a piece of suet, drop the batter in spoonfuls on to the girdle. When set and cooked on one side turn and cook on the other. Tin rings, rubbed with suet and placed on the girdle for the batter to be dropped into, will keep the scones a good shape.

## Potato Scones.

1 lb. cooked potatoes (mashed).  
Pinch of salt.  
 $\frac{1}{4}$  lb. flour.

1 tablespoonful Paisley flour.  
1 oz. butter.  
1 tablespoonful cream.

(Enough for 24 cakes.)

Method No. 1 (*b*), mixing potatoes and flour. Bake fifteen minutes either in the oven or on a girdle, split through, butter, and serve at once.

## Bath Buns.

1 lb. flour.  
 $\frac{3}{4}$  teaspoonful salt.  
1 teaspoonful carbonate of soda.  
1 teaspoonful cream of tartar.  
 $\frac{3}{4}$  lb. butter.

$\frac{1}{4}$  lb. castor-sugar.  
3 oz. candied peel.  
 $\frac{1}{4}$  lb. sultanas.  
3 eggs.  
1 gill milk.

(Enough for 20 buns.)

Method No. 1 (*c*). Sprinkle with centrifugal sugar, bake about twenty minutes.

## Rock Cakes.

1 lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 2 teaspoonfuls baking-powder.  
 $\frac{1}{4}$  lb. butter or dripping.  
 $\frac{1}{4}$  lb. sugar.

$\frac{1}{4}$  lb. sultanas.  
 $\frac{1}{4}$  teaspoonful ginger or  $\frac{1}{4}$  tea-  
 spoonful nutmeg.  
 2 eggs.  
 $\frac{1}{2}$  gill milk.

(Enough for 30 cakes.)

Method No. 1 (c).

## Caddeston Cake.

$1\frac{1}{2}$  lb. flour.  
 $\frac{1}{2}$  teaspoonful salt.  
 3 teaspoonfuls baking-powder.  
 $\frac{1}{4}$  lb. candied peel.  
 $\frac{3}{4}$  lb. sultanas.

$\frac{3}{4}$  lb. butter.  
 $\frac{3}{4}$  lb. sugar.  
 $\frac{1}{4}$  lb. treacle.  
 6 eggs.  
 $1\frac{1}{2}$  gills warm milk.

(Weight,  $4\frac{1}{2}$  lb.)

Method No. 2 (a). Add the treacle after creaming butter and sugar.

## Genoese Mixture No. 1.

*For Genoa.*

$\frac{1}{2}$  lb. sultanas.  
 $\frac{1}{4}$  lb. raisins.  
 $\frac{1}{4}$  lb. currants.  
 $\frac{1}{4}$  lb. candied peel.  
 3 oz. almonds (blanched and cut  
 in strips, to be sprinkled on  
 the top before baking).

(Weight,  $3\frac{1}{4}$  lb.)

*Foundation.*

1 lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 2 teaspoonfuls baking-powder.  
 1 gill milk.  
 $\frac{1}{2}$  lb. butter.  
 $\frac{1}{2}$  lb. sugar.  
 6 eggs.

+

*For Seed.*

$\frac{1}{4}$  lb. candied peel.  
 2 teaspoonfuls earaway-seeds.  
 (Weight,  $2\frac{1}{4}$  lb.)

*For Madeira.*

Flavouring either:

Grated rind of  $\frac{1}{2}$  lemon.  
 Essence of vanilla,  $\frac{1}{2}$  teaspoonful,  
 or  
 Essence of almonds, 6 drops.

(Weight,  $2\frac{1}{4}$  lb.)

Method No. 2 (a). Bake in a square tin 8 inches by 8 inches, for two to two and a half hours.

## Genoese Mixture No. 2.

*For Genoa.*

- $\frac{1}{2}$  lb. sultanas.
- $\frac{1}{4}$  lb. raisins.
- $\frac{1}{4}$  lb. currants.
- $\frac{1}{4}$  lb. candied peel.
- 3 oz. almonds (blanched and cut in strips, to be sprinkled on the top before baking).

*(Weight, 3 $\frac{3}{4}$  lb.)**Foundation.*

- 1 lb. flour.
- $\frac{1}{4}$  teaspoonful salt.
- 2 teaspoonfuls baking-powder.
- 10 oz. butter.
- 8 oz. sugar.
- 8 eggs.
- 3 tablespoonfuls cream.

*For Cherry.*

- 12 oz. glacé cherries.
- Almond paste No. 1 (quantity given).
- Glacé icing (see p. 262).

*(Weight, 5 $\frac{1}{4}$  lb.)**For Seed.*

- $\frac{1}{4}$  lb. citron.
- 2 teaspoonfuls caraway-seeds.

*(Weight, 2 $\frac{1}{2}$  lb.)**For Madeira.*

Flavouring either :

Grated rind of  $\frac{1}{2}$  lemon.Essence of vanilla,  $\frac{1}{2}$  teaspoonful  
or

Essence of almonds, 6 drops.

*(Weight, 2 $\frac{1}{4}$  lb.)*

Method No. 2 (b). Bake in a square tin 8 inches by 8 inches for two to two and a half hours.

*Cherry.*—After the cake is baked put the almond paste on the top, cover with glacé icing.

## Pound Cake.

- 1 lb. butter.
- 1 lb. sugar.
- 1 lb. eggs.
- 1 $\frac{1}{4}$  lb. flour.

- $\frac{1}{4}$  teaspoonful salt.
- Rind of  $\frac{1}{2}$  lemon (grated).
- 1 lb. sultanas.
- 2 oz. citron.

*(Weight, 5 lb.)*

Method No. 2 (d). Bake about three hours.

## Iced Birthday Cake.

1 lb. flour.  
 $\frac{1}{4}$  teaspoonful salt.  
 $1\frac{1}{2}$  teaspoonfuls baking-powder.  
 10 oz. butter.  
 8 oz. sugar.  
 Rind of an orange (grated).  
 8 eggs.  
 3 tablespoonfuls cream.  
 $\frac{1}{4}$  lb. candied peel.

$\frac{1}{4}$  lb. raisins.  
 $\frac{1}{2}$  lb. sultanas.  
 6 oz. currants.  
 Royal icing recipe (see p. 263),  
 quantity given.  
 Almond paste No. 1 (see p. 261)  
 $\frac{1}{2}$  quantities.  
 Fondant icing (see p. 263),  
 quantity given.

(Weight, 10 lb.)

Method No. 2 (b). Bake from two and a half to three hours. When cold put the almond paste on top in an even layer. Spread a little of the royal icing over the cake to set the crumbs. When set coat smoothly all over, leave till quite dry, then pour over the fondant icing. Decorate with remainder of royal icing according to taste.

## Almond or Walnut Creams.

*For Almond Creams.*

2 oz. blanched almonds.  
 Cream icing (see p. 263).

(Number, 2 dozen.)

*For Walnut Creams.*

2 oz. shelled walnuts.  
 Cream icing.

(Number, 2 dozen.)

*For Chocolate Cakes.*

Chocolate.  
 Butter icing (see p. 261),  
 $\frac{1}{2}$  quantities.

(Number, 2 dozen.)

Method No. 2 (c). Bake in tiny tins five to ten minutes. When cold force the cream icing on in a pyramid shape, put half an almond or walnut on top of each, put in a cool oven for a few minutes to set.

*Chocolate Cakes.*—Decorate with a ring of tiny roses (butter icing) on top of each cake.



## Queen Cakes.

6 oz. flour.	$\frac{1}{4}$ lb. butter.
Pinch of salt.	$\frac{1}{4}$ lb. sugar.
1 teaspoonful baking-powder.	3 eggs.
1 oz. currants.	Pinch of grated lemon-rind.
1 oz. citron (chopped).	

(Enough for 22 cakes.)

Method No. 2 (*b*). Put in Queen-cake tins, bake from fifteen to twenty minutes.

## Victoria Sandwich Mixture.

4 eggs ; their weight in	1 oz. rice flour.
Butter,	1 teaspoonful baking-powder.
Sugar,	Flavouring: 3 drops essence
Flour.	of almonds or $\frac{1}{2}$ teaspoonful
Pinch of salt.	vanilla.

Method No. 2 (*c*). Bake the mixture in a buttered and papered tin for about thirty minutes—size of tin 12 by 6 by  $1\frac{1}{2}$  inches. When baked leave until the next day before cutting up. This mixture is suitable for small fancy cakes, jam sandwiches, etc., by simply cutting the cake into various shapes, which may be iced and decorated *ad lib*.

N.B.—If the cake is coloured, two teaspoonfuls of cochineal will be required to make it a pretty pink.

## Chester Cakes.

1 Victoria sandwich.	2 oz. cocoanut.
$\frac{3}{4}$ oz. pistachio-nuts (blanched	18 glacé cherries.
and chopped <i>very</i> finely).	Royal icing, made with $\frac{1}{4}$ lb.
$\frac{1}{4}$ lb. red-currant jelly.	icing sugar, etc. (see p. 263).

(Enough for 18 cakes.)

Cut the sandwich into about eighteen small squares, spread a little jelly round the sides of each, and dip in cocoanut. Spread a little jelly over the top, and sprinkle chopped pistachio-nut over. Put a cherry in the centre of each cake, decorate with the royal icing by making chains from each corner to the cherry in centre of cake.

## Rice Cakes.

3 oz. ground rice.	3 oz. butter.
3 oz. flour.	3 oz. castor-sugar.
Pinch of salt.	Flavouring.
1 teaspoonful baking-powder.	2 eggs.

(Enough for 1½ dozen.)

Method No. 2 (c). The ground rice to be mixed with the flour. Bake for about fifteen minutes.

## Madeira Cake.

½ lb. butter.	Pinch of salt.
½ lb. sugar.	Flavouring of lemon-rind and
5 eggs.	vanilla.
10 oz. flour.	2 slices of citron.

(Weight, 2 lb.)

Method No. 2 (d). Put the citron on top of cake before baking, bake one and a half to two hours.

## Christmas Cake.

½ lb. butter.	1 lb. currants.
½ lb. sugar (brown).	2 oz. almonds.
2 teaspoonfuls caramel.	2 oz. citron.
5 eggs.	2 oz. mixed peel.
½ lb. flour.	2 tablespoonfuls brandy.
Pinch of salt.	Almond paste No. 2 (see p. 261),
1 teaspoonful mixed spice	quantity given.
(nutmeg, cinnamon, ground	Green colouring.
ginger).	1 oz. crystallized Parma
¼ lb. raisins.	violets.

Method No. 2 (d), adding the brandy last ; bake two and a half to three hours. Roll out the almond paste to a round the size of the cake, cut out the centre with a cutter 2¼ or 2½ inches in diameter, place on the cake, mark round the edges, brush with white of egg, and sift with castor-sugar. Put into the oven for a few minutes. Colour the remainder of the paste green, roll out thinly, and cut a few leaves from

it. Arrange these with the violets round the ring of paste, forming a wreath. Fix them firmly with white of egg.

### Russian Cake.

Almond paste No. 2 (see p. 261), twice the quantity given.	4 oz. almonds.
$\frac{1}{4}$ teaspoonful green vegetable colouring.	1 lb. apricot jam.
	2 Victoria sandwiches (1 coloured green).

(Enough for 4 cakes 6 inches long by 3 inches wide.)

Colour half of the almond paste green to match sandwich, blanch the almonds, put in a cool oven. When a pale brown colour chop them up, cut the cake into strips the short way. These strips should be the same width as the thickness of the cake—about  $1\frac{1}{4}$  inches. Warm the jam, and join four of these strips together, arranging the colours alternately. Roll out the almond paste thinly, spread with jam, and wrap the cakes in this. Trim off the edges. The cake that is wrapped in the uncoloured almond paste may be brushed over with white of egg and rolled in the chopped almonds. The one in the green paste may be left plain or brushed with white of egg and rolled in cocoanut.

N.B.—Pink and white cake may be used in the same way, with white or pink almond paste.

### Simnel Cake No. 1.

$\frac{1}{4}$ lb. flour.	Pinch of nutmeg and cin- namon.
Pinch of salt.	
1 oz. rice flour.	$\frac{1}{2}$ lb. currants.
$\frac{1}{4}$ lb. butter.	Juice of $\frac{1}{2}$ lemon.
$\frac{1}{4}$ lb. sugar.	Almond paste No. 1 (using 6 oz. sugar and $\frac{1}{2}$ lb. almonds).
3 small eggs.	

(Weight,  $2\frac{1}{4}$  lb.)

Method No. 2 (*d*). Put half the mixture into the tin, place a layer of almond paste on top, and then the rest of the mixture. Bake for about an hour. Put the rest of the almond paste on top in a ring, bake about ten minutes.

## Sultana Cake.

12 oz. butter.	1/4 teaspoonful salt.
12 oz. sugar.	1 lb. sultanas.
6 eggs.	3 oz. lemon-peel.
1 lb. flour.	

(Weight, 3 3/4 lb.)

Method No. 2 (d). Bake about two hours and a half.

## Swiss Roll Mixture No. 1.

3 eggs ; their weight in	Pinch of salt.
Butter,	1 teaspoonful baking-powder.
Sugar,	1 tablespoonful milk.
Flour.	1/2 lb. apricot jam.

Method No 2 (c). See rule for Swiss Rolls in Method No. 3 (b).

## Chocolate Cake.

<i>Foundation.</i>		<i>Filling No. 1.</i>
4 oz. flour.	} +	1/4 pint cream (whipped).
2 oz. cornflour.		Essence of vanilla, 6 drops.
Pinch of salt.		1 teaspoonful castor-sugar.
1 teaspoonful baking-powder.		
6 oz. butter.		<i>Filling No. 2.</i>
1/4 lb. sugar.		1 white of egg (whipped).
Essence of vanilla, 10 drops.		2 oz. icing-sugar.
4 oz. chocolate (grated).		1/2 bar of chocolate (grated).
4 eggs.		Essence of vanilla, 10 drops.

Chocolate icing (see p. 262).

1/2 oz. chopped pistachio-nut.

*Method.*—Pass the flour, cornflour, salt, and baking-powder through a sieve, cream the butter, sugar, and chocolate together; add the yolks of eggs and a little flour, beat well, beat the whites to a stiff froth and stir in lightly. Add the rest of flour, bake in a round sandwich-tin for about half an hour. When cold split open, spread with either of the fillings, put together again, ice, and sprinkle chopped pistachio-nut over.

## Cocoanut Rocks.

3 oz. cocoanut.	1 teaspoonful cream of tartar.
2 oz. butter.	$\frac{1}{2}$ teaspoonful carbonate of
2 oz. sugar.	soda.
6 oz. flour.	1 egg.
Pinch of salt.	2 tablespoonfuls milk.

(Enough for 2 dozen.)

Pass the flour, carbonate of soda, cream of tartar, and salt through a sieve, beat up the egg and add to the milk. Cream the butter and sugar together, add a little flour and cocoanut, then a little egg and milk, alternately, till all is mixed. Put in little heaps on a buttered baking-sheet, bake ten to fifteen minutes in a quick oven.

## Sponge Cake No. 1.

4 oz. sugar.	4 oz. flour.
1 gill water.	Pinch of salt.
4 eggs.	

Method No. 3 (a). Bake in a slow oven for about three-quarters of an hour.

## Sponge Cake No. 2.

<i>Foundation.</i>		<i>For Coffee Cake.</i>
4 eggs.	} +	Coffee icing (see p. 261),
4 oz. sugar.		quantity given.
2 oz. flour.		<i>For Walnut Cakes.</i>
2 oz. cornflour.		Liqueur icing (see p. 262).
Pinch of salt.		2 oz. shelled walnuts.
1 teaspoonful baking-powder.		(Weight, 14 oz.)

Method No. 3 (d).

*Coffee Cake.*—Bake in a round sandwich-tin 8 inches in diameter, split the cake, spread with the coffee icing, put together again, spread more icing over the top and round the sides. Decorate in two shades with remainder of icing.

*Walnut Cakes.*—Bake in two square tins  $4\frac{1}{2}$  inches by  $4\frac{1}{2}$  inches. When cool split open, spread part of the icing over,

and sprinkle with the walnuts chopped roughly (reserving a few for decoration). Put together again, spread the sides and dip them in chopped walnut, spread more icing over the top, decorate with walnuts and rest of icing according to taste

### Sponge Cake No. 3.

*For Sponge Cake.*

Flavouring (if liked).

(*Weight, 11 oz.*)

*For Orange Cake.*

Rind of 1 orange (grated).

6 oz. orange cheese or orange paste (see p. 287).

Orange glacé icing.

2 oz. preserved fruits (citron and apricot).

A little royal icing (see p. 263).

(*Weight, 1 lb.*)

*Foundation.*

4 eggs.

4 oz. sugar.

2 oz. flour.

2 oz. cornflour.

Pinch of salt.

1 teaspoonful baking-powder.

1½ oz. butter.

*For Orange Cakes (Small).*

Rind of 1 orange (grated).

+ 6 oz. orange cheese (see p. 287).

6 oz. marmalade.

2 oz. cocoanut.

Orange glacé icing (see p. 262),  
½ quantities.

A little royal icing.

2 oz. green or yellow preserved fruits.

(*Makes 18 cakes.*)

*For Raspberry or Strawberry Cake.*

Essence of lemon or lemon-rind.

½ lb. raspberries or strawberries.

1½ oz. sugar.

Raspberry or strawberry glacé icing (see p. 262).

Pistachio-nut or royal icing.

Method No. 3 (*d*).

*Orange Cake.*—Bake the mixture in a round sandwich-tin

8 inches in diameter, bake thirty to forty-five minutes. When cold split through, spread with the orange mixture, press together again, cut the middle of the cake out with a cutter  $2\frac{1}{2}$  inches in diameter, putting it back again in its place. Pour the icing over, cut the outside ring of cake into sixteen pieces and the centre into two, pipe with royal icing, and decorate with preserved fruits.

*Small Orange Cakes.*—Bake in a tin 12 by 6 by  $1\frac{1}{2}$  inches, cut into thin slices, spread with the cheese mixture, press together again, cut into small squares. Rub the marmalade through a sieve, spread the sides of the cakes with it, and dip them in cocoanut. Coat the top with glacé icing, pipe with royal icing, decorate with the preserved fruits cut in small pieces.

*Raspberry or Strawberry.*—Stalk the raspberries or strawberries, crush them, and add the sugar. Split open the cake, spread the fruit over, put together again, pour the icing over, sprinkle chopped pistachio-nut over or decorate with royal icing.

This cake must be eaten quite fresh unless the fruit is slightly stewed first.

### Swiss Roll No. 2.

4 eggs.  
4 oz. castor-sugar.  
4 oz. flour.

Pinch of salt.  
2 teaspoonfuls baking-powder.  
 $\frac{1}{2}$  lb. jam (hot).

Method No. 3 (b).

### Swiss Roll No. 3.

4 eggs.  
4 oz. castor-sugar.  
4 oz. flour.

Pinch of salt.  
 $\frac{1}{2}$  lb. jam (warm).

Method No. 3 (c).

### Raspberry Sandwich.

Make cake as for Swiss roll, using half-quantities, and bake in a papered sandwich-tin 8 inches in diameter. When baked

and cold split open and spread with jam, put together again and sift with icing-sugar.

### Genoese Pastry.

4 eggs.  
4 oz. castor-sugar.  
2½ oz. butter.  
Pinch of salt.

3 oz. flour.  
Colouring.  
Flavouring.

Method No. 3 (c). Bake in a moderate oven for about thirty minutes. This quantity makes two cakes 1 inch thick and 8 inches in diameter.

N.B.—This mixture is suitable for the foundation of all kinds of fancy cakes.

### Russian Sandwich.

3 cakes made in Genoese  
pastry, different colours and  
flavours.  
2 oz. sweet almonds.  
2 tablespoonfuls jam.

#### *Icing.*

3 oz. ground almonds.  
3 whites of eggs.  
Rind of ½ a lemon (grated).  
3 oz. icing-sugar.

Blanch the almonds, brown in the oven, then chop up roughly. Beat the whites to a very stiff froth, stir in the ground almonds, icing-sugar, and grated lemon-rind. Spread a little of this over the pink cake, put the green on top, spread a little over the green, and put the yellow on top. Spread the jam round the sides of the cake and roll in chopped almonds, put the rest of the icing roughly on top of the cake, and sift with icing-sugar. Put in a very cool oven to dry.

### Neapolitan Sandwiches.

Trimnings of green, pink, and yellow sandwich mixture.  
Apricot jam (passed through a sieve).  
Swiss roll No. 1 foundation (see p. 244).

Make a flat cake according to foundation for Swiss roll, spread with warm jam, and cut in half. Cut the trimmings



of cake into pieces, put into a saucepan with some hot jam, and mix till it just clings together. Place this mixture on one half of the cake, put the other half on the top, press together, and sift thickly with icing-sugar. Cut into diamond shapes.

### Gingerbread (Plain).

$\frac{3}{4}$ lb. flour.	$\frac{1}{4}$ lb. butter.
Pinch of salt.	$\frac{1}{4}$ lb. Demerara sugar.
2 teaspoonfuls ground ginger.	$\frac{1}{2}$ gill milk (warm).
$1\frac{1}{2}$ oz. candied peel (chopped).	$\frac{1}{2}$ teaspoonful carbonate of soda.
1 teacupful treacle (black).	1 large egg.

(Weight,  $1\frac{3}{4}$  lb.)

Method No. 4. Bake in a square gingerbread-tin for about an hour.

### Gingerbread (Fruit).

$1\frac{1}{4}$ lb. flour.	1 lb. treacle.
$\frac{1}{4}$ teaspoonful salt.	1 teaspoonful sugar.
$\frac{1}{4}$ lb. glacé cherries.	$\frac{1}{4}$ lb. butter.
$1\frac{1}{4}$ oz. ground ginger.	1 gill milk (warm).
$\frac{1}{4}$ lb. citron.	2 eggs.
4 oz. almonds (blanched and split through).	1 teaspoonful carbonate of soda.
	Glacé icing.

(Weight,  $3\frac{1}{2}$  lb.)

Method No. 4. Bake in two square gingerbread-tins for about an hour, when cold pour a little glacé icing on the top.

### Cocoanut Cake.

3 eggs.	
$\frac{1}{4}$ lb. sugar.	
$\frac{1}{4}$ lb. flour.	
Pinch of salt.	
1 teaspoonful baking-powder.	
1 tablespoonful milk.	
	<i>Icing.</i>
	2 whites of eggs.
	2 oz. cocoanut.
	4 oz. castor-sugar.

Beat the yolks and sugar together for five minutes, whip whites to a stiff froth, mix the baking-powder, flour, and salt together, add the flour, etc., to the yolks and sugar, and the milk, then stir in the whites lightly. Pour into a buttered

and papered sandwich-tin and bake in a quick oven for about twenty minutes.

*Icing.*—Whip the whites of eggs to a stiff froth, then mix in lightly the cocoanut and sugar. When the cake is cooked and quite cold cut it through and spread with a little of the icing, put together again, and spread the rest of the icing on the top. Put in the oven for five minutes to set.

## BUNS AND CAKES MADE WITH YEAST.

### Bath Buns.

1½ lb. flour.	5 eggs.
½ lb. butter.	7 oz. sugar.
1½ oz. yeast.	Rind of 1 lemon (grated).
¾ gill sour or butter-milk.	½ teaspoonful salt.

Rub the butter into the flour roughly, cream the yeast with a little sugar, warm the milk, add to the eggs, and put with the yeast into the middle of the flour. Beat well with a spoon, leave to rise for an hour and a half, then mix in the sugar, salt and lemon-rind. Place in small heaps on a buttered tin, put in a warm place to rise for ten or fifteen minutes, sprinkle with sugar. Bake in a quick oven for about twenty minutes. They must not get too dry.

N.B.—The sugar should not be mixed in too much.

### Chelsea Buns.

Ingredients as for Bath Buns.

Rub half of the butter into the flour and add half of the sugar, then set as for Bath Buns. When well risen turn out on to a board and roll out, spread with the rest of the butter, and sprinkle with sugar. Fold up and roll out thinly, sprinkle with the rest of the sugar, then roll up as for a jam roll to 1½ inches in diameter. Cut off pieces of 1½ inches and stand them nearly close together, cut side downwards; prove from fifteen to twenty minutes. Sprinkle with sugar and bake in a quick oven for about twenty minutes.

### Currant or Sultana Loaf.

1½ lb. flour.	4 oz. butter.
$\frac{3}{4}$ teaspoonful salt.	2½ gills milk.
4 oz. currants or sultanas.	2 eggs.
3 oz. sugar.	1 oz. yeast.
1½ oz. candied peel.	2 teaspoonfuls sugar.

(Enough for 2 loaves.)

Pass the flour through a sieve with the salt, add the sultanas, sugar, and peel. Put the butter into a saucepan, when melted pour in the milk, let it get warm. Beat up the eggs, cream the yeast and sugar together. Make a hole in the middle of the flour, pour in the yeast, eggs, and milk; mix all well together, beat well by hand or spoon for a few minutes. Put into two buttered  $\frac{1}{2}$ -quartern tins, leave in a warm place to rise, and bake for about an hour.

### Dough Cake.

*Recipe for White Bread.*

Dough (see p. 222), $\frac{1}{2}$ quantities.	1 egg.
6 oz. butter.	$\frac{1}{2}$ lb. sultanas.
5 oz. sugar.	2 oz. candied peel.

Make the dough as for bread, using milk instead of water, and  $\frac{3}{4}$  oz. of yeast instead of  $\frac{1}{2}$  oz. When well risen beat in the butter, sugar, and egg by hand, then add the fruit. Put into a well-buttered quartern tin and prove for twenty minutes. Bake for an hour and a half.

### Dripping Cakes.

2 lb. dough (see p. 222).	$\frac{1}{4}$ lb. sultanas or 2 teaspoonfuls car-
$\frac{1}{4}$ lb. sugar.	away seeds.
$\frac{1}{4}$ lb. dripping.	

(Enough for 12 or 16 cakes.)

Roll out the dough thinly, spread over one-third of the dripping, then sprinkle over one-third of the sugar and sultanas or seeds. Fold in three, beginning from the top,

press the edges together, turn round so that the fold is to your right hand. Roll out again, spread over some more dripping, and sprinkle over some more sugar and sultanas, fold up. Roll out again, spread over the rest of the dripping, and sprinkle over the rest of the sugar and sultanas. Roll out to the size of the tin it is to be baked in, lay flat in the tin, cut into squares, sprinkle a little sugar over, leave to rise for half an hour. Bake for half an hour.

### Jersey Wonders.

1 lb. flour.	½ nutmeg.
¼ lb. butter.	4 eggs.
¼ lb. castor-sugar.	

(*Enough wonders.*)

Rub the butter into the flour, add sugar and nutmeg, mix with the eggs well beaten, work into a stiff paste, and knead for thirty minutes; let it rise in a warm place for three or four hours. Cut the dough into pieces the size of a small egg, make up into smooth balls, roll into an oblong shape, into which cut three small slits. Twist each one, drop into hot lard, and fry until a light golden brown; drain on kitchen-paper.

### Yorkshire Tea Cakes.

1 lb. flour.	1½ oz. lard.
1 teaspoonful salt.	½ pint tepid milk and water.
1 oz. yeast.	4 oz. currants.
1 teaspoonful sugar.	1 oz. candied peel.
3 tablespoonfuls water.	

Put the flour in a basin, add the salt, make a hole in the middle, and crumble in the yeast; sprinkle in the sugar, add three tablespoonfuls of tepid water, and stir in enough flour to form a batter. Leave this to rise for twenty minutes. Put the lard into a ½-pint measure, pour in enough *boiling* water to one-third fill it; when the lard has dissolved fill up the measure with milk. Add this to the other ingredients in the basin, also the currants, and candied peel cut up finely. Knead for twenty minutes. Cut into four pieces, make into balls, flatten with a rolling-pin, prick with a fork. Put on

a buttered tin, and leave to rise for about twenty minutes. Bake for about twenty minutes.

### Hot Cross Buns.

$\frac{1}{2}$  lb. currants or sultanas.

$2\frac{1}{2}$  lb. flour.

1 saltspoonful salt.

1 teaspoonful mixed spice (if liked).

$\frac{3}{4}$  lb. butter or lard.

$\frac{3}{4}$  lb. sugar.

4 eggs.

*Sponge.*

1 lb. flour.

$2\frac{1}{2}$  oz. yeast.

2 teaspoonfuls sugar.

5 gills tepid milk.

*(Enough for 54 buns.)*

Put the 1 lb. of flour into a warm basin, cream the yeast and sugar together, add milk, pour into the flour, and gradually mix into a smooth batter; leave to rise for an hour. Clean the sultanas, put the  $2\frac{1}{2}$  lb. of flour into a basin, add salt and spice, rub in the butter and lard, add sugar and sultanas. When the sponge is ready add the eggs one at a time with a handful of these ingredients, beating well after each; leave to rise for an hour and a half. Make into buns and put on to buttered baking-sheets; put into a warm place for half an hour. Make a cross on the top of each, leave for ten minutes. Bake in a quick oven for about twenty minutes. Enough for fifty-four buns if the dough is weighed off into pieces of 1 lb. 10 oz. and each divided into twelve, and one piece (14 oz.) divided into six.

### Yule Cake.

$3\frac{1}{2}$  lb. flour.

$1\frac{1}{2}$  teaspoonfuls salt.

1 nutmeg.

1 lb. butter.

1 lb. sugar.

3 oz. yeast.

1 quart new milk (tepid).

2 or 3 eggs.

3 lb. sultanas.

$\frac{1}{2}$  lb. candied peel.

*(Enough for 6 large cakes.)*

Put flour and grated nutmeg and salt into a warm basin, rub in the butter. Cream the yeast and a teaspoonful of sugar together, add milk and eggs well beaten, pour into the middle of the flour and work up well with a spoon. Leave to rise for an hour, and when well risen sprinkle over the sugar, sultanas,

and peel ; work in well by hand, and leave to rise again. Cut into six, work up with a very little flour, and put into buttered bread-tins. Leave to rise again, and bake in a very hot oven. These cakes will keep for some time.

### Simnel Cake No. 2.

$\frac{1}{2}$ gill milk (barely).	$1\frac{1}{2}$ oz. citron.
$\frac{1}{2}$ oz. yeast.	$1\frac{1}{2}$ oz. lemon-peel.
$\frac{1}{2}$ lb. flour.	3 eggs and 2 tablespoonf. ls
$\frac{1}{4}$ lb. butter.	brandy.
$\frac{1}{4}$ small nutmeg.	Almond paste (see reeipe 1
$1\frac{1}{2}$ teaspoonfuls cinnamon.	or 2, using 1 lb. almonds,
$\frac{3}{4}$ lb. sugar.	etc.).
10 oz. currants or sultanas.	Crystallized fruit.

Warm the milk, cream the yeast with a teaspoonful of sugar, add a teaspoonful of flour and the warm milk ; put it to rise in a warm place. Rub the butter into the flour, add all the dry ingredients. Make a hole in the centre, add the yeast, etc., the eggs well beaten, and the brandy. Mix together with a wooden spoon, cover over, and leave to rise for two hours. Pour half the mixture into a cake-tin lined with buttered paper, take half the almond paste and put a layer into the tin, then pour in the rest of the cake mixture. Bake from two and a half to three hours. When cold arrange the remainder of the almond paste in a ring on the top of the cake, dust with castor sugar, and brown slightly in the oven. Decorate the centre with candied fruits.

### BISCUITS AND SHORTBREAD.

#### Almond or Lemon Biscuits.

$\frac{1}{2}$ lb. flour.	Flavouring of lemon or almond.
Pinch of salt.	$\frac{1}{2}$ lb. sugar.
4 oz. butter.	1 egg.

Pass the flour and salt through a sieve, rub in the butter, add the flavouring and sugar, mix with the egg ; make in little balls, roll in castor-sugar. Bake on a buttered baking-sheet.

### Almond Paste Crescents.

Almond paste No. 2 ( $\frac{1}{4}$  lb. almonds, etc.).

Sap-green and carmine colouring.

Glacé and royal icing.

*(Enough 2 dozen crescents.)*

Colour a third of the paste green and another third pink, roll out and cut into crescent shapes. Ice with very transparent glacé icing and pipe with royal icing.

### Almond Macaroons.

$\frac{1}{2}$  lb. sweet almonds.

$\frac{1}{2}$  oz. bitter almonds.

$\frac{1}{2}$  lb. castor-sugar.

3 whites of eggs.

Rice-paper.

1 teaspoonful orange-flower-water.

Blanch the almonds, grate and pound with a little orange-flower-water, add the sugar and whites well beaten, mix all lightly together. Put the mixture into a forcing-bag and force on to the rice-paper. Put a piece of almond on the centre of each, sprinkle with sugar. Bake in a cool oven until set.

### Almond Rocks.

3 oz. potato flour.

3 oz. rice flour.

Pinch of salt.

3 oz. butter.

3 oz. sugar.

3 oz. ground almonds.

Whites of 2 eggs (whipped).

*(Enough for 30.)*

Pass the flour and salt through a sieve, rub in the butter, add sugar and almonds, mix with the eggs. Pile in little heaps on a buttered baking-sheet. Bake in a quick oven.

### Chocolate Macarcons.

$\frac{1}{2}$  lb. chocolate (grated).

$\frac{1}{2}$  lb. castor-sugar.

1 oz. rice flour.

Whites of 5 eggs.

A few blanched almonds.

Essence of vanilla ( $\frac{1}{2}$  teaspoonful).

Whip the whites to a very stiff froth, mix sugar, chocolate, and rice flour together, and lightly stir them into the eggs,

add vanilla. Put in little heaps on rice paper, put an almond on the top of each. Dredge with sugar and bake in a slow oven for half an hour.

### Chocolate Rocks.

3 oz. potato flour.		3 oz. butter.
3 oz. rice flour.		2 oz. grated chocolate.
Pinch of salt.		2 yolks of eggs.
3 oz. castor-sugar.		1 teaspoonful vanilla.

(Enough for 30 cakes.)

Pass the flour and salt through a sieve, rub in the butter, add sugar and chocolate, mix with the yolks well beaten and to which the vanilla has been added. Drop pieces the size of a walnut on a buttered baking-sheet and bake in a quick oven for ten minutes.

### Cocoanut Biscuits.

$\frac{1}{2}$  lb. cocoanut.  
 $\frac{1}{2}$  lb. castor-sugar.  
 Whites of 5 eggs.

Whip whites to a stiff froth, mix cocoanut and sugar together and stir in. Put in little heaps on rice-paper. Dredge with sugar and dry in the oven for half an hour.

### Convent Biscuits.

$\frac{1}{4}$ lb. butter.		3 small eggs.
$\frac{1}{4}$ lb. sugar.		$\frac{1}{2}$ lb. flour.
1 teaspoonful essence of		Pinch of salt.
vanilla.		$\frac{1}{2}$ teaspoonful baking-powder.

(Enough for 30 biscuits.)

Method No. 2 (c). Put the mixture into a forcing-bag with a large rose force, force in small quantities on to a floured baking-sheet. Bake in a quick oven for seven or eight minutes.



### Cornflour Biscuits.

3 oz. flour.	3 oz. butter.
Pinch of salt.	3 oz. sugar.
$\frac{1}{2}$ teaspoonful baking-powder.	2 eggs.
3 oz. cornflour.	Essence of vanilla, 10 drops.

(Enough for  $1\frac{1}{2}$  dozen cakes.)

Method No. 2 (c). Put in buttered patty-pans and bake in a quick oven for seven minutes.

### Ginger Nuts No. 1.

6 oz. flour.	1 teaspoonful ground ginger.
Pinch of salt.	$\frac{1}{4}$ teaspoonful cloves.
2 oz. butter.	$1\frac{1}{2}$ tablespoonfuls treacle (warm).
2 oz. sugar.	1 yolk of egg.

(Enough for 4 dozen nuts.)

Rub the butter into the flour, add the sugar and spice, mix together with the treacle and egg. Divide it into equal quantities, make into balls, and put on to a buttered and papered tin. Stand the tin on a tray of sand and bake for about ten minutes.

### Ginger Nuts No. 2.

$\frac{1}{2}$ lb. flour.	3 teaspoonfuls ground ginger.
3 oz. butter.	1 yolk of egg.
$\frac{1}{4}$ lb. sugar.	3 tablespoonfuls treacle.

(Enough for 5 dozen nuts.)

Cream the butter and sugar together, add the ginger, yolk of egg, and treacle, mix the flour in gradually with a pinch of salt till the paste is smooth. Divide into equal quantities, make into balls. Put on buttered baking-sheets, stand on a tray of sand, and bake for ten or fifteen minutes.

### Lemon Biscuits.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. sugar.
Pinch of salt.	1 egg.
$\frac{1}{4}$ lb. butter.	1 lemon-rind (grated).

Mix the flour and salt together. Cream the butter and sugar, add egg, lemon-rind, and flour. Knead well and roll out. Cut into shapes and bake in a cool oven.

### Neapolitan Biscuits.

Ayrshire shortbread (see p. 259), quantities given.	Pink, green, and coffee colour- ing.
Almond paste No. 2 (see p. 261), $\frac{1}{2}$ quantities.	Glacé icing.

Roll out the shortbread thinly and cut into shapes with a round or oval cutter; bake in a slow oven. Divide the almond paste into three portions, and colour with pink, green, and coffee respectively. Roll out thinly and stamp into shapes corresponding to the shortbread, brush the under side of the biscuits with egg, and stick two together with almond paste between. Ice the top of the biscuits with glacé icing the same colour as the almond paste between the biscuit.

### Pressed Cakes.

6 oz. flour.	$\frac{1}{4}$ lb. castor-sugar.
Salt.	Essence of almonds, 3 drops.
$\frac{1}{4}$ lb. butter.	1 yolk of egg.

(Enough for 20 cakes. Weight,  $\frac{3}{4}$  lb.)

Pass the flour and salt through a sieve, rub in the butter, add the sugar and flavouring, and mix with the egg. Put into a potato masher or presser and force on to a buttered baking-sheet that has been sprinkled with flour. Bake about five minutes.

### Raspberry Biscuits.

$\frac{1}{2}$ lb. flour.	2 oz. sugar.
Pinch of salt.	1 tablespoonful water.
$\frac{1}{2}$ teaspoonful baking-powder.	1 yolk of egg.
$\frac{1}{2}$ teaspoonful cinnamon.	$\frac{1}{4}$ lb. raspberry jam.
$\frac{1}{4}$ lb. butter.	Raspberry glacé icing (see p. 262).

(Enough for 16 biscuits.)

Mix the flour, salt, baking-powder, and cinnamon together, rub in the butter, add the sugar, make into a paste with the water and egg. Roll out thinly, cut into thirty-two rounds, prick, and bake slowly. Join two together with raspberry jam and ice with glacé icing.

### Shortbread.

$\frac{1}{4}$ lb. flour.	Pinch of salt.
1 tablespoonful castor-sugar.	$2\frac{1}{2}$ oz. butter.
A little grated lemon-rind or essence of lemon (3 drops).	

Cream the butter and sugar together, add lemon-rind, flour, and salt, knead well. Roll out into a round shape, pinch the edges well with the thumb and first finger. Put on to buttered kitchen-paper folded several times, put on to a buttered baking-sheet, and bake in a slow oven from forty to fifty minutes.

### Ayrshire Shortbread.

$\frac{1}{4}$ lb. flour.	$\frac{1}{4}$ lb. butter.
$\frac{1}{4}$ lb. rice flour.	1 yolk of egg.
2 oz. castor-sugar.	2 teaspoonfuls cream
Pinch of salt.	

(Makes 14 oz.)

Mix the flour, rice flour, sugar, and salt together, rub in the butter, add the egg and cream, knead well, roll out thinly, stamp into shapes, and bake in a slow oven. The baking-tin should only be slightly buttered.

## CHAPTER XIII

### ICINGS

#### RULES FOR ICING.

1. PASS the icing-sugar through a hair-sieve, taking care that the sieve and spoon are perfectly clean.

2. Strain lemon-juice before using.

3. For butter icing use the best fresh butter.

4. If butter icing becomes too soft in mixing, leave it to cool before using.

5. Take care not to let any cake-crumbs, etc., fall into the icing; they stop up the foreers, causing loss of time and unnecessary trouble.

6. Keep the icing covered over after it is made, with a wet cloth to prevent the surface from getting dry.

7. Mix glacé icing smoothly before warming, and do not let it get very hot, as it loses its shiny appearance.

8. Before using test the consistency by lifting it up on the back of a wooden spoon. More sugar or liquid may be added as required.

9. Icing that is left over should be put into a jar and covered closely for future use.

10. Wash and dry the icing-bags and foreers directly they are done with.

11. For a rich cake that requires keeping for some weeks before it is cut, it is best to give it one coating of icing as soon as it is baked and cold, to keep in the richness, and not to finish icing and decorating until a day or so before it is wanted, in order that it may be as white as possible.

## Almond Paste No. 1.

1 lb. sweet almonds.	2 new-laid eggs.
1 oz. bitter almonds.	1 tablespoonful sherry.
1 lb. castor-sugar.	

Blanch the almonds, dry in a clean cloth, put through a grating machine, add the sugar, pound well. Add the new-laid eggs and sherry, knead well till all is well mixed; it is then ready to use.

N.B.—To colour green use half-teaspoonful of Breton's colouring previously mixed with a little sherry or water.

## Almond Paste No. 2.

3 oz. icing-sugar.	<i>Flavouring.</i>
6 oz. ground almonds.	Maraschino, orange-flower-water,
3 oz. castor-sugar.	vanilla, essence of almonds,
1 new-laid egg or yolk only.	ratafia, and brandy-neroli.
Lemon-juice to taste.	

Pass the icing-sugar through a sieve, add almonds and castor-sugar. Add the egg and flavourings to taste. Mix thoroughly together, and it is ready for use.

## BUTTER ICINGS.

## Chocolate Butter Icing.

$\frac{1}{2}$ bar of chocolate.	$\frac{1}{2}$ lb. icing-sugar.
2 teaspoonfuls water.	3 drops essence of vanilla.
3 oz. fresh butter.	

Grate the chocolate and dissolve it in the water over a slow fire. Cream the butter, add the sugar, and beat until smooth, then add the chocolate and flavouring.

N.B.—The chocolate must be *cold* when added to the butter and sugar.

## Coffee Butter Icing.

5 oz. fresh butter.	Coffee essence or strong coffee.
10 oz. icing-sugar.	3 teaspoonfuls sherry or marsala.

Prepare as above, substituting coffee essence for the dissolved chocolate.

### Liqueur Icing.

$\frac{1}{4}$ lb. fresh butter.		$\frac{1}{2}$ lb. icing sugar.
1 tablespoonful maraschino or kirsch.		Carmine or green colouring.

Prepare as for coffee icing, using liqueur flavouring instead of coffee and sherry. Colour green or pink, according to taste.

### Glacé Icing.

- $\frac{1}{4}$  lb. icing-sugar.
- 5 teaspoonfuls water.
- 1 teaspoonful lemon-juice.

Put the sugar, water, and lemon-juice into a saucepan, and mix with a wooden spoon until smooth. Stir over the fire until warm, then use.

### Chocolate Glacé Icing.

- 1 bar of Menier chocolate.
- 6 teaspoonfuls water.
- $\frac{1}{4}$  lb. icing-sugar.

Grate the chocolate, put it into a saucepan with three teaspoonfuls of water; stir over the fire until dissolved, add the sugar and rest of the water, then warm.

### Orange Glacé Icing.

- $\frac{1}{4}$  lb. icing-sugar.
- Juice of  $\frac{1}{2}$  orange.

Make as for Glacé Icing.

### Raspberry Glacé Icing.

- $\frac{1}{4}$  lb. icing-sugar.
- 6 teaspoonfuls raspberry juice or syrup.
- 1 or 2 drops of cochineal or carmine.

Make as for Glacé Icing, adding the colouring last.

### Cream Icing.

7 oz. loaf-sugar.  
 $\frac{1}{2}$  gill water (barely).

Pinch of cream of tartar.  
 Whites of 3 eggs.

Put sugar, water, and cream of tartar in a saucepan, and bring slowly to boiling-point; skim, put on the lid, boil rapidly for two or three minutes to clear. Take off the lid, put in the thermometer and bring up to 250° F. Beat up the whites to a very stiff froth, add the syrup slowly, whisking vigorously all the time. Beat until the mixture is almost cold, leave until next day; it is then ready to use.

### Fondant Icing.

1 $\frac{1}{2}$  lb. loaf-sugar.  
 1 $\frac{1}{2}$  teaspoonfuls cream of tartar.  
 1 $\frac{1}{2}$  gills water.

Put the ingredients into a copper saucepan, dissolve the sugar, then bring to boiling-point; skim, put on the lid, and boil rapidly for three minutes. Remove the lid, put in a thermometer, and bring up to 230° F. Pour into a basin and stir with a wooden spoon until it turns opaque and thick, then pour it over the cake. This icing gives a nice appearance to a Christmas or birthday cake if it is poured over after it has had one coating of royal icing.

### Royal Icing.

2 lb. icing-sugar.  
 3 whites of eggs.  
 Juice of 1 lemon.

Put the sugar into a basin, make a hole in the middle, add the whites of eggs and the lemon-juice, mix smoothly, beat for ten minutes. If it is too stiff add more lemon-juice.

## CHAPTER XIV

### INVALID COOKERY

#### NOTES ON SICK-ROOM COOKERY.

ALL food sent into the sick-room should be dainty in appearance and pleasing to the palate.

Only the best materials should be used. Small quantities of each dish should be prepared, and not more sent up than the patient is likely to eat. Jellies set in small moulds, puddings baked or steamed in darioles, present a much more attractive appearance than a spoonful taken from a large jelly or pudding.

Silver should be bright, china shining, cloths spotlessly clean, for all this helps to make the food look inviting, and to tempt the appetite of the invalid.

Extreme care should be taken that all utensils used in the preparation of food are scrupulously clean.

No food should be left in the sick-room, and the patient should have no idea of what is being prepared; for an unexpected dainty often tempts the appetite. When patients are convalescent there is a large variety of little dishes which are suitable, thus avoiding monotony.

Eggs form a useful part of the diet, and may be prepared in a number of ways. None but the best new-laid eggs should be used.

Beef-tea should be made in small quantities—only sufficient for the coming day. The cup in which it is served should be previously warmed, that the patient may receive it as hot as



possible. Toast may be served with it, unless the patient be on a strictly liquid diet.

Raw beef-tea should be served in a coloured glass, that the colour of the liquid may not be noticed. Brand's essence is particularly useful in cases of exhaustion.

Many dishes suitable for invalids will be found in other sections of this book.

Stimulants and acids should not be used without the doctor's permission.

### Apple Soufflé No. 1.

2 large apples.  
2 teaspoonfuls sugar.  
1 white of egg.

A pinch of grated lemon-rind or  
2 teaspoonfuls of juice.

Bake the apples until soft, rub the pulp through a sieve, mix in the sugar, lemon rind or juice, and the white of egg beaten to a stiff froth, stirring together lightly with a silver spoon. Pile the mixture lightly in a small fireproof dish, squeeze over it a little lemon-juice, sift with sugar, and bake for about ten minutes. If preferred, the mixture can be served cold, when the white of egg will be found to be more digestible.

### Apple Soufflé No. 2.

3 apples.  
1 tablespoonful sugar.

1 lemon.  
1 new-laid egg.

Bake the apples, rub the pulp through a sieve, mix with it the sugar, lemon-juice, and a quarter of the rind grated, and the yolk of egg. Beat the white to a stiff froth and stir it in lightly. Pour the mixture into a dish and bake for about ten minutes.

### Cup of Arrowroot No. 1.

1 dessertspoonful arrowroot.  
 $\frac{1}{2}$  pint milk.

Pinch of salt.  
 $\frac{1}{2}$  teaspoonful sugar.

Put the arrowroot into a basin, moisten with a little of the cold milk; put the rest of milk into a saucepan, and when

boiling pour it on to the arrowroot, stirring quickly. Add salt, return to the saucepan, cook for three minutes, stirring all the time. Add the sugar, pour into a breakfast-cup, and serve with a little toast or a biscuit.

### Cup of Arrowroot No. 2.

1 large dessertspoonful arrow-  
root.  
 $\frac{1}{2}$  pint water.

Pinch of salt.  
1 teaspoonful sugar.  
2 tablespoonfuls port-wine.

Mix the arrowroot smoothly with a little of the cold water, put the rest on to boil, and when boiling pour it on to the arrowroot, stirring all the time. Add salt, return to the saucepan, cook three minutes, stirring well. Add sugar and wine. Pour into a breakfast cup and serve at once with a plain biscuit.

### Arrowroot Pudding.

1 dessertspoonful arrowroot.  
 $\frac{1}{2}$  pint milk.

1 dessertspoonful sugar  
2 yolks and 1 white of egg.

After making the arrowroot (as for Cup of Arrowroot) turn into a basin, let it cool, add sugar, yolks of eggs, and white beaten to a stiff froth. Stir this in lightly, pour it into a buttered pie-dish, and bake for about ten minutes. Be very careful not to let it boil.

### Barley-water.

4 tablespoonfuls barley.  
 $\frac{1}{2}$  lemon.

2 teaspoonfuls sugar.  
2 pints water (boiling).

Well wash the barley, and put it into a hot jug; add the sugar and lemon-juice and rind, pour in the boiling water, cover, and leave until cold.

## Barley-water and Soda.

3 teaspoonfuls lemon-juice.		$\frac{1}{2}$ glass barley-water.
2 teaspoonfuls sugar.		$\frac{1}{2}$ glass soda-water.

Mix the lemon-juice and sugar together in a tumbler, half fill with barley-water, then add soda-water. Drink while effervescing.

## NOTES ON BEEF-TEA.

Beef-tea is so valuable in cases of illness that it deserves special attention. It must be regarded as a stimulant rather than a food. The goodness extracted will consist chiefly of albumen and other soluble extractives.

The meat must be finely divided by scraping and shredding, and then soaked in cold water that the albumen may be drawn out, and afterwards cooked very lightly, remembering how easily this constituent of meat is rendered hard and indigestible when submitted to a high temperature.

Shin of beef makes very savoury beef-tea, but it contains more sinew and gristle and less of the albumen and red juices than rump or buttoek steak.

A small quantity cooked with the steak will be found an improvement. If the beef-tea is required to set in a jelly, it is best to stew the shin of beef separately and mix it afterwards, as the high temperature required to extract the gelatine hardens and renders indigestible the albumen.

## RULES FOR BEEF-TEA.

1. Choose fresh lean juicy steak.
2. Remove all fat and scrape or shred the meat finely.
3. Allow 1 pint of water to a pound of meat.
4. Put the meat into a basin with the water and salt to soak for twenty minutes before cooking.
5. Cook in a double saucepan or stew-jar placed in water.
6. Do not boil.

7. If beef-tea is required to set in a jelly when cold, stew a little shin of beef separately to mix with it afterwards, or add some isinglass.

8. When cooked, strain and remove all fat with tissue or blotting paper.

9. If allowed, add a little cayenne and celery salt before serving.

10. Dip a teacup in hot water, pour in the beef-tea, and serve at once.

11. In warming up beef-tea, put it in a jar and stand it in boiling water until hot.

### Beef-tea No. 1.

$\frac{1}{2}$  lb. lean juicy steak.

$\frac{1}{2}$  pint water.

Pinch of salt.

*(Enough for 2 cupfuls.)*

Prepare the meat, soak in a basin, then turn into a saucepan and heat very slowly, stirring all the time, and pressing the meat against the sides of the pan; cook until the liquor turns a rich red brown. Strain into a cup and remove any fat with a piece of paper.

### Beef-tea No. 2.

$\frac{3}{4}$  lb. beefsteak.

$\frac{1}{4}$  lb. shin of beef.

Pinch of salt.

1 pint water.

Prepare meat, put into a jar with the water and salt, cover closely, and stand in a saucepan of water; put on the lid, cook slowly for three hours, stirring from time to time. Strain, and when cold remove the fat.

N.B.—The shin of beef is used to improve the flavour.

### Beef-tea No. 3.

Prepare as for No. 2, place the jar in the oven and cook two hours, then strain, etc.

N.B.—This is more savoury, but not so suitable for some invalids.

### Raw Beef-tea.

4 oz. lean juicy steak.  
1 gill water.  
Pinch of salt.

Scrape the meat, soak for two hours with a pinch of salt, strain, and put in a coloured glass.

### Beef Quenelles.

3 oz. lean juicy beef.	Pepper and salt.
1 yolk of egg.	Stock.
1 tablespoonful breadcrumbs.	Rounds of toast.
1 tablespoonful beef-tea stock.	

*(Enough for 3 quenelles.)*

Scrape the meat down finely, keeping back all fat and skin, add to it the egg, breadcrumbs, beef-tea, pepper and salt, mix well; form into egg shapes with two dessertspoons, place them on a buttered frying-pan, not too close together, place the frying-pan on the stove, and pour some hot stock in very gently at one side, until the quenelles are about half covered; cover with a piece of buttered paper, and let them poach very slowly for ten minutes; lift out on to a clean cloth to drain. Serve on rounds of toast, with or without gravy. A little beef-tea may be poured round.

N.B.—Chicken quenelles can be made in the same way by using chicken instead of beef.

### Black-Currant Tea.

1 large tablespoonful black-currant jam.  
 $\frac{1}{2}$  teaspoonful lemon-juice.  
 $\frac{1}{2}$  pint boiling water.

Put the jam into a jug, add the lemon-juice, pour over the boiling water, cover for a few minutes, strain.

## Bread and Milk.

1 slice crisp toast.  
 $\frac{1}{2}$  pint boiling milk.  
 Pinch of salt.

Cut the toast into tiny dice and put them in a breakfast cup, pour over the boiling milk, add a pinch of salt, serve hot.

## Bread Sauce and Gravy.

Bread sauce (see p. 154).  
 Gravy that runs from a joint.

Make some good bread sauce, serve on a hot plate with beef or mutton gravy.

## Calf's Foot Jelly.

2 calf's feet.	2 lemons.
6 pints water.	Whites and shells of 2 eggs.
$\frac{1}{2}$ oz. gelatine or 1 oz. isinglass.	$\frac{1}{2}$ wineglass brandy.
6 oz. sugar.	$\frac{1}{4}$ pint sherry.

Wash the feet, divide each into four picees, blanch and wash; put into a perfectly clean saucepan, add the cold water, skim well, and cook for six hours, keeping the saucepan closely covered. Strain through a tea-cloth or hair sieve, leave until cold and set; remove all fat, wipe the top with a cloth dipped in boiling water. Put the jelly into a clean saucepan, add the gelatine, let this first melt, then add sugar, rind and juice of lemons, the sherry and brandy, the eggshells broken up, and the whites slightly beaten, whisk well until boiling. Put the lid partly on, move the saucepan to the side of the fire for ten minutes, strain through a hot tea-cloth. The first that runs through will be muddy, pour it back, repeat this until the jelly runs clear. Pour gently into wet moulds, leave until set.

## Calf's Foot Jelly (White).

2 calf's feet.	1 quart water.
1 stick of cinnamon.	1 quart milk.
5 or 6 laurel-leaves.	

In a deep jar put two calf's feet, a stick of cinnamon, and five or six laurel-leaves, with 1 quart of water, cover closely, and bake two hours and a half. Take it out of the oven, clear off as much fat from the top as may be, then add the milk, close it again, and bake an hour and a half longer. Strain and skim, remove the fat as cleanly as possible with white blotting-paper, sweeten with loaf-sugar, pour into custard-cups.

N.B.—This jelly is greatly improved if flavoured with sherry or brandy; it should be added after the cooking is finished, and while the jelly is still hot.

## Caramel Wheat Crystal.

10 lumps of sugar.	1 yolk of egg.
$\frac{1}{4}$ gill water.	Pinch of salt.
3 teaspoonfuls wheat crystal.	Flavouring.
1 gill milk.	

Boil the water and sugar together until a light brown colour, and coat a dariole mould; mix the wheat crystal with a little of the cold milk, add the yolk of egg and a pinch of salt; add the rest of the milk (boiling), return to the saucepan and cook for five or ten minutes, flavour and pour into the mould. Cover with buttered paper and steam for thirty minutes.

## Chicken Broth.

1 old fowl.	$\frac{1}{2}$ teaspoonful salt.
6 peppercorns.	$1\frac{1}{2}$ pints water.

After drawing and preparing the fowl, cut off all the meat and cut it up finely, chop up the bones and put them into a

double saucepan with the meat, peppercorns, salt, and water; cover up closely, put on the fire, and cook for three hours, keeping the water in the under saucepan boiling all the time. When cooked strain into a basin and leave until cold, remove all the fat, and warm without boiling.

N.B.—The bones and meat may be put on again with more water, and will make a very good second stock.

### Chicken Soup.

Giblets and bones of 1 chicken.	1 shallot.
1½ pints water.	1 stick of celery.
½ teaspoonful salt.	1 yolk of egg.
10 peppercorns.	½ gill cream.
1 bay-leaf.	

Prepare the giblets and cut into small pieces, chop the bones. Put into a saucepan with the water, a little salt, and the peppercorns, bring to boiling-point, skim, add bay-leaf, shallot and celery, cook gently for three hours, strain. When cold remove the fat, put into a saucepan to boil, mix yolk and cream together, add to the soup. For a change the cream and egg may be omitted, and savoury custard cut into shapes added.

### Chicken-tea.

½ chicken.	1 pint milk.
½ pint water.	Pepper.
Salt.	

(Enough for 3 cupfuls.)

Shred the chicken meat, let it soak in the water and salt for a few minutes, put into a jar with the milk, cover over closely. Stand into a saucepan of water and cook for three hours, strain, add pepper and a little cayenne if allowed. Remove all fat, and serve very hot with a little toast. If liked, this may be made with beef instead of chicken. The bones and giblets should be used for chicken soup.



**'For a Cough.'**

1 gill whisky.		2 oz. glycerine.
$\frac{1}{4}$ lb. honey.		Juice of $2\frac{1}{2}$ lemons.

Mix all well together, and take a little when the cough is troublesome.

**Egg and Milk.**

1 new-laid egg.		1 gill milk.
1 teaspoonful sugar.		Nutmeg.

Beat up the egg, add the sugar, pour into a tumbler, add the boiling milk, grate a little nutmeg on the top. Serve with a biscuit.

**Egg and Port-wine.**

1 new-laid egg.		$\frac{1}{2}$ gill hot water.
Sugar.		$\frac{1}{2}$ wineglass port-wine.

Beat up the egg, pour it into a tumbler, add a little sugar, the hot water and wine. Serve with a plain biscuit.

**Fish Cream.**

4 oz. uncooked white fish (weighed after scraping).		Salt.
$\frac{1}{2}$ gill milk.		Cream.
$\frac{1}{2}$ oz. butter.		Squeeze of lemon-juice.
$\frac{1}{2}$ oz. breadcrumbs.		1 white of egg.
Pepper.		$\frac{1}{2}$ pint white sauce.

Remove skin and bones from the fish, and scrape up finely ; put milk, butter, and breadcrumbs into a saucepan and cook over the fire until they form a soft mixture, allowing the crumbs to swell thoroughly ; take off the fire, add pepper, salt, fish and lemon-juice, whip the cream and add it to the mixture. Whisk white of egg and stir in lightly ; pour into a well-buttered basin, cover with buttered paper, and steam for twenty minutes. Let it stand for a few minutes before turning out. Turn on to a hot dish and cover with white sauce.

## Fish Omelet.

2 oz. cooked fish.		$\frac{1}{2}$ teaspoonful chopped parsley.
1 tablespoonful white sauce.		2 whole eggs and one white
Pepper, salt, and cayenne.		(new-laid).
1 teaspoonful essence of anchovy.		$\frac{3}{4}$ oz. butter.

*(Sufficient for 2 persons.)*

Divide the fish into flakes, removing the skin and bone ; beat up the yolks of the eggs, add a few flakes of fish, and seasoning, pepper, salt and cayenne ; put the white sauce into a small saucepan, stir over the fire till warm, then add the fish, essence of anchovy, seasoning and parsley. Leave this on the side of the stove to keep warm. Beat up the whites of eggs to a stiff froth, mix them lightly with the yolks, etc. ; put the butter into a frying-pan. When hot pour in the egg, etc., stir till nearly set, place the fish mixture in the centre. Fold up and serve very hot, garnished with lemon and parsley.

## Gruel.

$\frac{1}{2}$  pint milk.  
1 dessertspoonful Patent Groats.  
Salt.

Mix the groats to a smooth paste with a little of the cold milk, put the rest of the milk on to boil. When boiling add it to the groats, return to the saucepan, cook for ten minutes, stirring all the time ; add salt, strain through a coarse strainer into a breakfasteup. Serve very hot, with a little sugar if liked.

This may be made with water, or half and half.

## Invalid Ice.

White of 1 new-laid egg.		1 teaspoonful lemon-juice.
1 teaspoonful castor-sugar.		Brandy or sherry.

Beat up the white of egg to a stiff froth, add the sugar, lemon-juice, and brandy or sherry. Pile in a cup, and serve with an ice wafer.

### Junket in Custard-cups.

1 teaspoonful sugar.	½ teaspoonful rennet.
1 teaspoonful brandy.	1 tablespoonful Devonshire
Pinch of cinnamon.	cream or whipped cream.
¼ pint milk.	Nutmeg.

Put the sugar, brandy, and cinnamon into a basin, warm the milk, and add to the ingredients in the basin. Mix in the rennet, pour into two custard-cups. Leave until cold, put a little cream on the top of each, and grate with nutmeg.

### Lemon Drink for Invalids.

1 egg.	Juice of 1 lemon.
1 teaspoonful sugar.	½ bottle soda-water.

Beat the yolk of egg, sugar, and lemon-juice well together, whip the white to a very stiff froth, mix it lightly in with the lemon-juice and sugar, pour into a tumbler, and add the soda-water.

### Lemon Sponge.

1 gill lemon or calf's foot jelly.  
The white of a new-laid egg.  
Lemon-juice.

Melt the jelly, beat white of egg to a stiff froth, add the jelly and a teaspoonful of lemon-juice (more if using calf's foot jelly), whisk well until the mixture begins to set. Pile lightly in a glass dish, and pour some custard round.

### Minced Meat.

¼ lb. lean juicy steak.	Pepper and salt.
2 tablespoonfuls beef-tea.	1 round of toast.

Scrape, or pass the meat through a mincing-machine, put the beef-tea into a saucepan. When hot put in the meat, season with pepper and salt, stir for a few minutes on a hot hob. It must not get too hot, or the meat will harden and become indigestible. Have the plate very hot, put a small round of

crisply toasted bread in the middle, put the meat on the toast, and pour the gravy round.

### Moulded Custard.

1½ gills milk.	½ oz. gelatine.
1 egg.	1 teaspoonful brandy.
¾ oz. sugar.	A little vanilla.

*(Sufficient for 2 people.)*

Put the milk into a saucepan to get hot, beat up the egg with the sugar, add the milk, return to the saucepan, adding the gelatine. Stir over the fire till the gelatine is dissolved and the egg cooked. Take off the fire, strain into a basin, add brandy and vanilla, pour into a wet mould. When cold and set turn out and serve.

### Mutton Broth.

1 lb. mutton (cut from the middle of a fresh leg).	Pinch of salt.
2 pints water.	3 peppercorns.
	1 tablespoonful pearl barley.

*(Enough for 4 breakfastsups.)*

Remove all fat from the mutton, cut it up finely, put it in a basin with the water, salt, and peppercorns, soak for an hour. Wash the barley, put it into a double saucepan, add the meat and water, etc., heat very slowly, cook for three hours, letting the water in the under saucepan boil all the time. When cooked strain into a basin and leave until cold. Remove all fat, and warm without boiling.

### Savoury Custard.

- 1 new-laid egg.
- Pepper and salt.
- 1 gill beef-tea or chicken stock.

*(Sufficient for 2 dariole moulds.)*

Beat up the egg, add pepper, salt, and warm beef-tea or stock from which all fat has been removed. Put into a

buttered mould and steam gently for fifteen or twenty minutes. Turn out and serve.

### Scalloped Oysters No. 1.

1 tablespoonful breadcrumbs.  
Pepper.  
Salt.  
4 oysters (large).

Butter (the size of a walnut).  
1 teaspoonful sherry or  $\frac{1}{2}$  tea-  
spoonful lemon-juice.

*(Sufficient for 1 person.)*

Mix the breadcrumbs with the pepper, salt, and cayenne, put the oysters into a saucepan with their own liquor, let them get thoroughly hot without boiling, strain, remove the beards and gristle, and cut each oyster into four. Butter a scallop-shell and sprinkle with breadcrumbs. Put in half the oysters with some little pieces of butter and some crumbs, add the rest of the oysters, some more pieces of butter, sprinkle with the remainder of the crumbs, putting little pieces of butter on the top to keep it moist. Mix the sherry or lemon-juice with the liquor from the oysters and pour over. Brown in the oven about ten minutes. The oysters must not be allowed to harden.

### Scalloped Oysters No. 2.

1 teaspoonful breadcrumbs.  
4 oysters.  
1 teaspoonful butter.  
1 teaspoonful flour.

$\frac{1}{2}$  gill milk.  
 $\frac{1}{2}$  teaspoonful lemon-juice.  
Pepper.  
Salt.

*(Sufficient for 1 person.)*

Put the crumbs into the oven for a few minutes to slightly brown, scald the oysters in their own liquor, taking care that they do not boil. Strain, and remove the beards and gristle, cut them in halves. Melt the butter in a saucepan, mix in the flour, add the milk, stir over the fire until boiling. Add the liquor from the oysters, take off the fire, add the oysters, lemon-juice, and seasoning. Put the mixture into a buttered

scallop-shell, and sprinkle with crumbs. Bake in the oven for seven or eight minutes.

Oysters served with brown bread and butter, garnished with lemon, form a pleasant variety for an invalid. It is safer to feed the oysters for a few days before consumption. They should be put into a bowl of fresh water with a little salt, and oatmeal sprinkled on the top. Change the water every other day. When alive their shells are tightly closed, except when feeding.

### Soufflé Omelette.

1½ oz. sugar.

3 whites and 2 yolks of eggs.

¼ oz. flour.

½ teaspoonful essence of vanilla.

¼ oz. butter.

2 tablespoonfuls jam warmed  
(raspberry or apricot).

Make a syrup with the sugar and 1 tablespoonful of water, add it to the yolks and cream together with a wooden spoon for ten minutes, sprinkle in the flour, add vanilla and whites beaten to a stiff froth, pour into a buttered omelet-pan, stand over the fire for a few minutes, sprinkle well with sugar, put into a moderate oven to bake for ten minutes. Turn out on to a sugared paper, put the warm jam in the middle, fold over, and lift on to a hot dish with a dish paper under.

### Steamed Fillets of Sole.

1 Dover sole.

½ oz. butter.

Pinch of salt.

Fillet the sole and roll each fillet up, tie with string or cotton. Butter a soup-plate, put in the fillets, sprinkle with a little salt, cover with a basin or plate. Put over a saucepan of boiling water, and steam very gently for about thirty minutes. Put on a hot dish, and pour the liquid from them round. Garnish with parsley.

## Sweetbread (Fried).

1 calf's sweetbread.  
Salt.  
Seasoned flour.  
1 egg.

Breadcrumbs.  
Dripping.  
Lemon and gravy.

Soak the sweetbread in cold water for an hour, put it into a saucepan with cold water to cover, bring to boiling-point, skim, add a little salt, cook gently for three-quarters of an hour. Take it out, remove the fat and gristle, put it between two plates with a weight on the top, and leave it to press until cold. Dip it in flour seasoned with pepper and salt, brush over with egg, and roll in breadcrumbs. Fry in the dripping until a nice golden brown on both sides. Serve with good gravy, garnish with slices of lemon.

## Sweetbread (in White Sauce).

1 calf's sweetbread.  
1 egg.  
Breadcrumbs.  
Dripping.

$\frac{1}{2}$  pint white sauce.  
1 lemon.  
Parsley.

Soak, cook, and fry the sweetbread as in Recipe No. 1, put it into a saucepan with the white sauce, and cook gently for a quarter of an hour. Put the sweetbread on a hot dish, strain over the sauce, garnish with slices of lemon and parsley.

## Toast-water.

1 slice of bread.  
 $\frac{1}{2}$  pint boiling water.

Toast the slice of bread until very brown and dry, but do not burn it. Put into a jug, pour the boiling water over, cover, and leave until quite cold. Strain.

### Tea made with Milk.

1 teaspoonful tea.

$\frac{1}{2}$  pint milk.

Put the tea into a teapot, pour over the boiling milk, let it infuse for one minute, pour into a cup, and serve with or without sugar as liked.

### White Wine Whey.

$\frac{1}{2}$  pint milk.

1 wineglassful sherry.

1 teaspoonful sugar.

Put the milk on the fire. When boiling add the sherry, stir, strain, and add sugar. It should be taken very hot.

### Oatmeal Porridge.

$\frac{1}{4}$  lb. coarse Scotch oatmeal.

1 quart boiling water.

Salt.

Have the salted water quite boiling in the saucepan, sprinkle in the oatmeal, stirring well with a wooden spoon. Cook for about ten minutes, stirring all the time; then put on the lid of the saucepan, cook gently for three hours or longer. Stir from time to time, turn into a basin, and it is ready to warm up the next morning. Serve with hot or cold milk or cream.

N.B.—A double enamelled saucepan is convenient for making porridge, as the inside only can be used at first to boil up the water and to cook the oatmeal until it has thickened. It can then be put inside the other, with water underneath, and cooked for three hours, and there is no danger of the porridge burning.



## CHAPTER XV

### PRESERVES AND PICKLES

#### NOTES AND RULES ON PRESERVING.

FOR preserve to keep well, it is necessary that a large proportion of the water in the fruit should be evaporated. Therefore it is better to cook it quickly; also, the jam will be a bad colour if long in making.

The fruit should be picked in dry weather, or the jam is likely to become mouldy.

Crushed loaf is the best sugar to use. The quantity depends somewhat upon the fruit, and varies from  $\frac{3}{4}$  lb. to 1 lb. for each pound of fruit.

A copper preserving-pan is not so liable to burn as an enamelled pan, but it must be kept quite bright.

#### *Rules.*

1. Preserve the fruit as soon as possible after gathering.
2. Have a clear fire or gas-stove.
3. Allow room in the preserving-pan for the jam to boil well.
4. Keep the jam at a gentle heat until the sugar has dissolved.
5. Use a wooden spoon for stirring.
6. Allow the jam to boil quickly, taking care that it does not burn, as sugar burns easily.
7. Stir frequently and skim well.

8. To see if the jam is cooked, test by putting a little on a plate and leaving till cold. If cooked sufficiently it will set. Jam insufficiently boiled is apt to ferment.

9. See that the jars are perfectly dry and warm. Glass jars are best, as the condition of the jam can more easily be seen.

10. To tie down, cut rounds of tissue paper the size of the jars. Dip them into brandy and put on the top of the jam. Then tie over some parchment-paper and label with name of jam and date of making. It should be covered up as soon as cold.

11. Store in a dry and airy place.

### Apple Jam.

12 lb. apples.

7½ lb. sugar.

3 lemons.

Wash and peel the apples, cut them in quarters, remove the cores, put into a jar, and cover closely; stand the jar in a saucepan of boiling water, cook until the fruit begins to soften; put the cores and parings into a preserving-pan with about 6 pints of water, boil quickly for an hour, strain. Put the syrup back into the saucepan with the sugar, lemon-rind, and juice; stir until the sugar is dissolved, then boil quickly for ten minutes. Add the apples and cook until the jam will set; pour into hot, dry jars. When cold cover and tie down.

### Apple Jelly.

6 lb. apples.

5 pints water.

1 lemon.

¾ lb. sugar to every pint of juice.

Wash the apples, cut them in quarters, put them into a saucepan with the water, boil until soft (do not stir); turn into a hair sieve, and leave till all the juice has run through. Peel the lemon thinly, put it into the preserving-pan with the

apple-juice, the lemon-juice, and the sugar in the above proportion. Boil fast, and skim well for about half an hour, until it will set. Put into small jars, cover, and tie down.

### Apricot Jam.

To every pound of apricots allow 1 lb. crushed loaf-sugar.

Pare the apricots, cut them through with a silver knife, take out the stones, put the fruit into an earthenware pan, sprinkling the sugar between each layer, let it stand all night. Then turn it out into a preserving-pan, add the kernels, stir over the fire until boiling; boil from half an hour to three-quarters. Put into hot jars and tie down.

### Black Currant Jam No. 1.

To every pound of black currants allow :

1 lb. loaf-sugar.

1 gill water.

2 oz. rhubarb.

Cut up the rhubarb *very* finely and put into the preserving-pan with the currants, sugar, and water; stir on the hob until the sugar has dissolved, bring to boiling-point, boil well from three-quarters of an hour to an hour. Put into hot jars and tie down.

### Black Currant Jam No. 2.

To every pound of black currants allow :

1 lb. loaf-sugar.

1 gill rhubarb syrup.

To make the rhubarb syrup, cut the rhubarb up and put it into a preserving-kettle with a little water and stew slowly, till the syrup comes from it. To make the jam, put the black currant, sugar, and syrup into the preserving-pan, stir until the sugar has dissolved, boil well from half an hour to three-quarters, skimming well. Put into hot jars and tie down.

### Black Currant Jelly.

6 lb. black currants.

1 pint water or 2 lb. red currants.

Sugar (1 lb. to each pint of syrup).

Remove the stalks from the currants, put the currants into a jar with 1 pint water (if no red currants are being used), cook well till all the juice is extracted. Strain through a hair sieve, put it into a preserving-pan, allowing 1 lb. of sugar to every pint of syrup, stir till the sugar is dissolved; boil fast until a little will set when tested on a plate. Put into hot jars and tie down.

### Damson Cheese.

To every pound of damson pulp allow 1 lb. sugar.

1 gill water to 5 lb. damsons.

Put the damsons and water into a preserving pan, stir gently until boiling, simmer until the damsons are tender, rub them through a coarse wire sieve. To each pound of pulp add 1 lb. of sugar, place over a gentle fire, stir until boiling, cook well for about one hour. Put into small jars and tie down.

### Bottled Damsons.

Have the fruit dry and ripe, put them into wide-mouthed bottles with layers of sugar in between, tie over with bladder. Put in a copper with hay between and under, bring to boiling-point, and cook until the fruit has shrunk one-third, then take out the fire and leave until cold.

### Pickled Damsons.

To 1 quart damsons allow :

1 lb. sugar.

$\frac{1}{2}$  pint vinegar.

Have dry fruit, prick through with a fine needle, put the damsons into a jar, boil the sugar and vinegar and pour over, let them stand twenty-four hours; put them into a saucepan

and bring to boiling-point, but do not allow the damsons to mash. Season with cloves to taste.

### Pickled Eggs.

18 new-laid eggs.	1/2 oz. ginger (bruised).
1 quart vinegar.	Salt.
4 cloves.	1 oz. whole pepper.

Boil the eggs for fifteen minutes, put the other ingredients into a saucepan and simmer for five minutes, remove the shells from the eggs and put them into a dry jar, pour over the boiling vinegar, etc. When cold tie down with bladder.

### How to Bottle Gooseberries.

Gooseberries.  
Boiling water.  
Oil.

Choose firm, dry fruit, top and tail, put some glass bottles in the oven to warm, nearly fill with the fruit, put in the oven until the fruit is warm, then pour over enough boiling water to *well* cover. Pour in enough oil to form a layer 1/2 inch thick, put on to a shelf where they will not be disturbed till you come to use them. Remove the oil carefully and use as fresh fruit.

### Gooseberry Jelly.

Green gooseberries.  
To every pint of juice allow 1 lb. loaf-sugar.  
(6 lb. gooseberries make 4 lb. jelly.)

Wash and pick the berries, which should be green but full grown, put them into a pan with 1/4 pint of water to each pound of fruit, boil until very tender, then strain through a jelly-bag or sieve. To every pint of juice add 1 lb. of loaf sugar, boil from twenty to thirty minutes, pour into small pots. When cold it should be lightly set, as it stiffens with keeping. This is a beautiful red jelly.

### Lemon Cheese.

2 oz. butter.		$\frac{1}{2}$ lb. sugar.
3 eggs.		Juice and grated rind of 2 lemons.

(Makes  $1\frac{1}{2}$  lb.)

Beat up the eggs, melt the butter in a saucepan, add eggs, sugar, lemon rind and juice, stir over the fire till it thickens and is near boiling-point. Pour into jars and cover over.

### Marmalade.

16 Seville oranges.		$1\frac{1}{4}$ lb. sugar to 1 lb. pulp.
3 pints water to 1 lb. orange (sliced).		Juice of 2 lemons to 16 oranges.

Wash the oranges, dry thoroughly, cut in half, and shred finely ; put all the pips into a little basin with water to cover, weigh the orange and put in a pan with the water, leave to soak for twenty-four hours. Put on in a preserving-kettle and boil till the shreds are tender (about four hours). Weigh the pulp, add sugar, put on again in the pan, add lemon-juice and water from the pips, bring to boiling-point, skim, let it boil from half an hour to three-quarters of an hour. Pour into jars which have been well washed and dried ; when cold cover over with jam papers, label, and store on a dry shelf.

### Mulberry and Apple Jam.

6 lb. mulberries.  
9 lb. apples.  
9 lb. sugar.

Put the mulberries into a jar, cover over and stand in a saucepan of boiling water, cook till the juice is extracted from the fruit, turn on to a hair sieve and leave it to drain through ; pare, core, and cut up the apples, put the syrup from the mulberries and the sugar into a preserving-pan and stir over the fire till the sugar is dissolved, boil fast for five minutes, then add the apples and boil quickly for three-quarters of an hour.

If it will set then, take it off, if not boil longer. Put into hot, dry jars, and when cold tie down.

### Pickled Mushrooms.

2 quarts button mushrooms.	Salt.
$\frac{1}{2}$ oz. pepper.	Vinegar to cover.
3 blades of mace.	

Rub the mushrooms with flannel and salt and cut off the stalks, wash and dry them. Put them into a saucepan with the mace and pepper and a little salt, put on the lid, and cook gently until the liquor flows. Continue cooking until the liquor has nearly all evaporated, then add enough vinegar to cover them, bring to boiling-point, skim well. Put into dry jars, and when cold cover securely with bladder.

### Orange Cheese.

4 eggs.	Juice of $\frac{1}{2}$ lemon.
Rind and juice of 2 oranges.	2 oz. butter.
$\frac{1}{2}$ lb. sugar.	

(Makes  $1\frac{3}{4}$  lb.)

Beat up the eggs, rub off the rind from the oranges with lumps of sugar, and strain the juice from oranges and lemon. Melt the butter in a saucepan, add all the other ingredients, and stir over the fire until the mixture thickens and is near boiling-point. Put into jars and cover over.

### Orange Paste.

Sweet oranges.  
1 lb. castor-sugar to each pound of oranges.

Weigh any number preferred of sweet oranges, put them into water for two or three days, changing the water each day, then boil them whole till tender. Rub them through a sieve, add the sugar, and beat well together. Put into jars, sprinkle thick with sugar, and cover with paper.

N.B.—This will keep for two or three months.

### Oranges Preserved Whole.

6 large Seville oranges.

Syrup made with  $1\frac{1}{2}$  lb. sugar to 3 pints water.

Rasp off the thin rind of the oranges, cut a small hole in the stalk end, and with the small end of a teaspoon take out the juice, pulp, and pips. Cover them with cold spring water, and let them remain four days, changing the water once; then tie each orange up in a piece of muslin and boil them in plenty of water until they are tender enough for a straw to go through. Have ready a thin syrup made of  $1\frac{1}{2}$  lb. of sugar and 3 pints of water, put in the oranges, and boil them two hours. Take them out of the pan carefully and put them aside. The next day add another  $1\frac{1}{2}$  lb. of sugar to the syrup and a little more water, let it simmer awhile, then put in the oranges and boil until quite clear and the syrup like fine honey. Marmalade may be made of the raspings and pulp.

### Pershire or Green Egg Plum Jam.

1 lb. green plums.

1 lb. sugar.

1 teacupful water.

When cooking take out as many stones as possible, crack and put back kernels. Make in the usual way.

### Quince Jam.

Quinces.

3 gills water to every pound of fruit.

1 lb. sugar to every pound of pulp.

Wash the fruit, slice it up, putting it into water as prepared. Drain and put it into a preserving-pan with the above proportion of water, let it boil well until tender and reduced to a pulp. Rub through a hair sieve and allow 1 lb. of sugar to each pound of pulp. Stir over the fire until boiling, and boil for three-quarters of an hour until a little will set on a plate. Put into dry jars, tie down, and label.



## Rhubarb Jam.

To every pound of rhubarb allow :

1 lb. loaf-sugar.

The juice of  $\frac{1}{2}$  lemon.

The rind of  $\frac{1}{4}$  lemon.

$\frac{1}{4}$  oz. bitter almonds.

Cut up the rhubarb and lemon-rind and almonds, add the lemon-juice and sugar, and leave them to stand all night, then stir over the fire until boiling. Boil quickly from half to three-quarters of an hour. Put into dry jars and tie down.

## Raspberry and Currant Jam.

To every pound of raspberries allow :

1 lb. sugar.

$1\frac{1}{2}$  lb. red currant juice.

Remove the stalks from the raspberries, put them into a preserving-pan, stir over the fire until boiling, boil for ten minutes, then add the juice and sugar and boil quickly for half an hour. Put into dry jars and tie down.

N.B.—To make the red currant syrup : After removing the stalks from the currants, put them into a jar, stand the jar in a saucepan of boiling water, and cook until the juice is extracted, then strain.

## Vegetable Marrow Jam.

1 large old marrow.

Syrup (made with 6 oz. brown sugar to 1 pint water).

1 wineglassful brandy to 3 lb. marrow.

To every pound of marrow allow :

1 lb. loaf-sugar.

The rind and juice of 1 lemon.

Bruised ginger and cayenne pepper.

Peel the marrow and cut it in chunks like preserved ginger, pour over it a thin syrup of brown sugar and water, let it stand for forty-eight hours. Add the lemon juice and rind cut very finely, tie the cayenne pepper and ginger in a muslin bag. Boil all until the marrow is quite transparent (two to three hours), then add the brandy, put into jars, and tie down.

N.B.—This jam should be kept some months before using.

### Red Currant Jelly.

6 lb. red currants.

Sugar (1 lb. to each pint of syrup).

Remove the stalks from the currants, put the currants into a jar, cover closely, and stand the jar in boiling water till the juice is well extracted, strain through a hair sieve. Put the syrup into a preserving-pan, allowing 1 lb. of sugar to each pint, stir till the sugar is dissolved. Boil quickly, skimming and stirring frequently until a little will set when tested on a plate. Put into small jars, and when cold cover and tie down.

### Pickle for Spiced Beef.

$\frac{1}{2}$  lb. treacle.

2 pints strong old ale.

1 oz. coriander seeds (crushed).

1 oz. whole black pepper.

1 oz. whole allspice (pimento).

2 oz. saltpetre.

1 lb. salt.

3 shallots (large, chopped).

Boil all together a few minutes, and then pour boiling over the meat; turn every day, and leave in the pickle three weeks or a month.

### Pickle for Tongues No. 1.

$1\frac{1}{2}$  lb. salt.

$\frac{1}{2}$  oz. saltpetre.

$\frac{1}{2}$  lb. coarse sugar.

Put these ingredients into a jug and pour over them a quart of boiling water, stir well. When cold it is ready to use. The meat should be rubbed with a little salt first.

### Pickle for Tongues No. 2.

1 oz. saltpetre.

6 oz. salt.

$\frac{1}{4}$  lb. sugar.

Rub the saltpetre on the tongue, then the salt, and leave it, rubbing it every day and turning it every day for nine days. Four days before the nine days are up rub in the sugar. Boil with a bunch of herbs for about four hours.

## CHAPTER XVI

### BEVERAGES

#### Cherry Syrup.

5 lb. 10 oz. cherries.	¾ gill water.
9 oz. sugar.	Oil.

Stalk the cherries, crush them in a mortar, pass through a hair sieve. Make a syrup with the sugar and water, put in the cherry-juice, and cook for quarter of an hour, skimming well. Put into bottles pour over enough oil to cover, cork, and seal down with sealing-wax.

N.B.—The fruit boiled up with more syrup makes a second quality.

#### Coffee.

½ lb. Mysore.		
½ lb. Plantation.		
1 lb. Moeha.		
½ pint milk.		1½ tablespoonfuls of the above mixture of coffee.
½ pint water.		
		Pineh of salt or sugar.

If you are not using a percolating coffee-pot, it is best to tie the coffee in a muslin bag. Put it into a jug which has been previously warmed, pour on the boiling water, cover, and leave it to infuse for five or ten minutes. Take out the bag, put it into a small saucepan, add a little boiling water, and boil for three minutes; add this to the coffee in the jug. Bring the milk to boiling-point, and serve by pouring both

together into the cups; less milk is required if cream is allowed.

N.B.—It is best to get coffee-berries. These should be freshly roasted and ground each time.

*To roast Coffee.*—If you have no coffee-roaster, put the berries on to a tin plate and bake in the oven until a rich brown; they must not get too dark.

Another way is to put them into a sauté-pan with a little butter (about  $\frac{1}{4}$  oz. to  $\frac{1}{4}$  lb. of berries), and stir over the fire until they become a rich brown colour.

### Ginger Syrup No. 1.

4 $\frac{1}{2}$ pints water.	3 drachms essence of cayenne.
3 $\frac{1}{2}$ lb. loaf-sugar.	$\frac{1}{2}$ oz. burnt sugar.
3 drachms essence of ginger.	$\frac{3}{4}$ oz. tartaric acid.

Boil the sugar and water together for three-quarters of an hour, take off the fire and add the essences, the burnt sugar, and tartaric acid, bottle. Serve hot with water and sugar.

### Ginger Syrup No. 2.

5 drachms essence of ginger.	4 lb. loaf-sugar.
3 drachms essence of capsicum.	2 quarts boiling water.
$\frac{3}{4}$ oz. tartaric acid.	

Boil the sugar and water together for ten minutes, pour on to the tartaric acid; when cold add the essences, bottle. A tablespoonful to a tumbler of boiling water.

### Iced Coffee.

1 pint clear, strong coffee.	1 gill cream.
Pinch of salt.	1 tablespoonful brandy.
$\frac{1}{2}$ pint boiling milk.	Ice.

Pour the coffee and the boiling milk into a jug, when quite cold add the cream and brandy. Freeze the mixture by standing the jug in a zinc bucket surrounded by ice. Serve in small coffee-cups.

**Iced Tea.**

Tea (strong).  
Lemons.  
Ice.

Infuse the tea for three minutes, pour it off, add lemon-juice according to taste. Freeze in the same way as the coffee.

**Lemonade.**

3 lemons.		1 quart cold water.
$\frac{1}{4}$ lb. sugar.		Ice.

Pare the lemons thinly and put the rind into a jar with the water, sugar, and lemon-juice. Cover and leave it in a cold place for an hour or so. Strain and add a few lumps of ice.

**Lemon Syrup.**

2 lb. sugar.		1 drachm tincture of orange.
1 quart water.		1 drachm tincture of lemon.
1 oz. citric acid (crystals).		

Boil the sugar and water together for ten minutes, pour into a basin with the citric acid, when cold add the tinctures, bottle.

**Raspberry and Red Currant Syrup.**

1 lb. raspberries.		$\frac{1}{2}$ pint water.
2 lb. red currants.		Oil.
$1\frac{1}{2}$ lb. loaf-sugar.		

Put the fruit into a preserving-kettle and cook to a pulp, taking care that it does not burn, strain through a hair sieve. Put sugar and water into the kettle and boil for ten minutes, put the juice of the fruit into this and warm it up. Pour into hot bottles while still hot, pour over a little oil, cork and seal down with sealing-wax.

### Strawberry Syrup.

1½ lb. strawberries.

1 lb. 2 oz. sugar.

2 gills water.

Oil.

Boil sugar and water to 240° F. Crush the strawberries in a mortar, put them into the syrup and let it heat again; it must not boil. Put into a basin and leave all night; next day pass through a hair sieve or tammy. Put into bottles, pour a little oil over, cork, and seal with sealing-wax.

N.B.—The fruit boiled up with more syrup makes a second quality.

## CHAPTER XVII

### AFTERNOON TEAS

FOR afternoon tea there are many dainty cakes and sandwiches which may be served with a choice of tea and coffee, and so prevent monotony. The tea should only be allowed to infuse for three minutes; it should be made with quite boiling water to insure the full flavour being extracted. Water that has boiled twice will quite spoil it.

The cream should be fresh from the dairy; the preserved cream sold in jars is too thick, and imparts a disagreeable flavour to the tea.

Coffee is often served as well for those who may not care for tea.

Thin brown and white bread and butter is cut; if liked it may be rolled. Sandwiches of preserve may be cut into rounds or fancy shapes.

White tin bread one day old is the best for cutting thinly, as fresh bread is liable to crumble; but brown bread is nicer new. Milk and rasped rolls are better new; these are a change sometimes from the ordinary loaf.

As some people do not care for sweet cake, savoury sandwiches will prove a welcome addition to the tea-table.

Sandwiches should be cut into small triangles or squares, dished lightly on a d'oyley, and garnished with cress.

Sardine and cress sandwiches should be made with brown bread and butter; shrimp sandwiches are nicest made from milk or rasped rolls; watercress and cucumber and tomato

sandwiches are most acceptable in the summer, being cool and refreshing.

The yolk of a hard-boiled egg pounded with a little butter and anchovy or bloater paste is a very good mixture for sandwiches. If sandwiches are cut some time before they are wanted, a damp cloth placed over them will keep them perfectly fresh.

Small scones, potato cakes, pikelets, tea cakes, etc., buttered and served hot are suitable for the cold weather.

There is such a variety of cakes and biscuits that, with a little care and forethought, the tea-table may be made very attractive.

Fingers of rich cake, crisp biscuits, small iced cakes, shapes of almond paste, little cakes, all give a light and attractive appearance. They may be mixed or served separately, and only a few of each kind should be used. Recipes for these will be found elsewhere.

In summer iced tea is sometimes served. This is prepared by making a quantity of tea several hours before it is wanted. After the tea has infused for three minutes it should be poured off, a little lemon-juice added, and allowed to get perfectly cold. Serve with ice and thin slices of lemon. See Beverages.



## CHAPTER XVIII

### MENUS AND THEIR COMPILATION

#### *Order of serving a Complete Dinner.*

HORS D'ŒUVRES.

POTAGES.

POISSON.

ENTRÉES.

RELEVÉS.

RÔTI.

ENTREMETS.

DESSERT.

CAFÉ.

THIS forms a complete dinner. Sometimes one or two of the courses are omitted, but the order of serving them remains the same. A dinner of the present day consists of more courses than formerly, but fewer dishes are served in each course.

*Hors d'œuvres* are usually served cold. They should be small and inviting in appearance.

*Potages*.—The clear soup should precede the thick. Two soups are more usually served than three. If only one soup is served, preference should be given to a clear or thin cream soup.

*Poissons* may be either plainly boiled or dressed fish. When two fish are served, the plain comes before the dressed. Dressed fish should be served in small pieces.

*Entrées* are served either before or after the *relevés*. They consist of dressed or made dishes, usually composed of many ingredients. *Entrées* should always be served daintily. If two are served, one should be brown and the other white. The light *entrée* comes first, the heavy one later. One may be cold and the other hot.

*Relevés*.—This course, as a rule, consists of solid joints roasted, boiled, or braised. The garnish gives the characteristic name to each dish, and a vegetable is usually served with the remove. Sorbets or liquid ices are served after the remove.

*Rôti*, consists of game or poultry. Sometimes when joints are served the remove is omitted. A salad is always served with the *rôti*, and usually fried potatoes.

*Entremets*.—This course usually consists of three things: (1) Dressed vegetables, which follow the roast, and often goes under the name of 'Légume,' and is served as a separate course. (2) Sweet entremets, which may be served either hot or cold. If two are served, one should be hot, the other cold. (3) Savouries, which precede the dessert, and are usually served hot. Cheese is often served.

Care should be taken in compiling a menu to choose dishes which are in season, and to alternate the methods of cooking (*e.g.*, two fried dishes should not succeed one another), and the character of the dishes (*e.g.*, a rich soup should be followed by a plain fish course).

Oysters should never appear on the menu during the months of May, June, July, and August.

The dishes should be varied as much as possible both in colour and taste.

Well-known dishes should not have new names given to them.

Most dishes have standard garnishes, and are known by this characteristic name all over the world.

A garnish should always please the eye and satisfy the palate.

For simple garnishes aspic, beetroot, cucumber, eggs, lemon, parsley, watercress, olives, cut vegetables, truffles, horseradish, etc., may be used. Sometimes a thick sauce forms the only garnish (*e.g.*, *fricassée* of chicken).

## MENU

*Le 6 Janvier.*

<i>Hors d'Œuvre.</i>	Anchois aux Câpres.
<i>Potages.</i>	Consommé aux Œufs Filés. Potage à la Tortue fausse.
<i>Poisson.</i>	Filets de Merlans au Gratin.
<i>Entrée.</i>	Fricassée de Volaille.
<i>Relevé.</i>	Aloyau de Bœuf et Raifort.
<i>Rôti.</i>	Perdreaux. Salade.
<i>Légume.</i>	Chouxfleur au Gratin.
<i>Entremets.</i>	Pouding Cabinet. Gelée au Marasquin.
<i>Bonnes Bouches.</i>	Aigrettes de Fromage. Glaces. Dessert. Café Liqueurs.

## MENU

*Le 12 Avril.*

<i>Hors d'Œuvre.</i>	Caviare.
<i>Potages.</i>	Consommé à la Royale. Crème de Concombres.
<i>Poissons.</i>	Saumon bouilli. Sauce Mousseline. Soufflé de Merlan.
<i>Entrée.</i>	Chaudfroid de Volaille.
<i>Relevé.</i>	Selle d'Agneau à la Bretonne. Sorbets à l'Annas.
<i>Rôti.</i>	Canetons rôtis. Salade de Saison.
<i>Légume.</i>	Asperges à la Hollandaise.
<i>Entremets.</i>	Soufflé à la Vanille. Crème de Fraises.
<i>Bonnes Bouches.</i>	Anchois à la Piedmontaise. Glace Napolitaine. Dessert. Café.

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## MENU

*Le 17 Octobre.*

<i>Hors d'Œuvre.</i>	Huîtres au Naturel.
<i>Potages.</i>	Consommé aux Pâtés d'Italies. Potage Bonne Femme.
<i>Poissons.</i>	Sole à la Colbert.
<i>Entrée.</i>	Filets de Bœuf à la Pompadour.
<i>Relevé.</i>	Tête de Veau à l'Anglaise.
<i>Rôti.</i>	Perdrix rôti au Cresson. Salade de Laitues.
<i>Légume.</i>	Tomates farcies au Gratin.
<i>Entremets.</i>	Pouding au Caramel. Timbale des Fruits.
<i>Bonnes Bouches.</i>	Canapés aux Olives. Dessert.

MENU

*Le 15 Decembre.*

<i>Hors d'Œuvre.</i>	Sardines. Olives.
<i>Potages.</i>	Consommé à la Julienne. Purée de Tomates.
<i>Poissons.</i>	Filets de Cabillaud à la Normande. Petits Soufflés de Homard.
<i>Entrée.</i>	Salmi de Canard Sauvage.
<i>Relevé.</i>	Selle de Mouton.
<i>Rôti.</i>	Lièvre rôti. Salade d'Orange.
<i>Légume.</i>	Artichauts à l'Espagnole.
<i>Entremets.</i>	Pouding à l'Ananas. Charlotte à la Russe.
<i>Bonnes Bouches.</i>	Petites Crèmes de Fromage. Dessert. Café.

TENNIS SUPPERS.

Clear Ox-tail Soup.	Clear Giblet Soup.
Lobster Salad.	Soles in Aspie.
Sardine Sandwiches.	Lobster Patties.
Chaufroid of Chicken.	Veal Mould.
Spiced and Pressed Beef.	Chaufroid of Cutlets.
Pigeon Pie.	Galantine of Chicken.
Open Strawberry Tart.	Cucumber Sandwiches.
Calf's-foot Jelly.	Tomato Sandwiches.
Trifle.	Cheese Cakes.
Fruit Salad.	Pistachio Cream.
Ices.	Wine Jelly.
Coffee.	Iced Coffee.

## CHAPTER XIX

### NOTES ON CHEESE

CHEESE is served after the sweet entremets.

It is not easy of digestion, but a small quantity taken at the end of a meal aids digestion.

Cheese is the curd of milk dried. The milk is slightly heated, then the curd is separated from the whey by the addition of an acid. The curd is then dried and pressed, a process that usually takes several months.

Skimmed milk cheeses are very hard, and are the most indigestible. Cheese made from new milk, with or without the addition of cream, is much softer, being usually known as 'fat' cheese. Stilton is the finest of English cheeses, but varies very much in quality, sufficient care not being taken whilst it is ripening.

Gorgonzola and Wensleydale most resemble Stilton. Gorgonzola has a strong and peculiar odour, Wensleydale is little known, only 200 of the cheeses being made annually in a little village of that name in Yorkshire.

Sage cheese is made by mixing chopped sage with the curd before being dried. It is not often seen except in the country.

Cheddar is one of the best-known cheeses. It is a mild cheese, and one of the least expensive.

American cheeses are a little cheaper, and have a stronger flavour than English.

Parmesan is a skimmed-milk cheese. It is very hard, and is much used grated in culinary preparations.

The best Parmesan is kept for three or four years before sending to market.

Swiss cheeses are noted for their fine flavour, Gruyère being one of the best known.

Camembert is a cream cheese made in Brittany. It is a small round yellow cheese with a dark rind. Great care is taken in regulating the temperature of the room in which the cheese is dried, or it is spoilt.

Cream cheese is not properly cheese, merely being cream well dried.

Roquefort is a very rich cheese made in the South of France. Dutch cheeses are round, and have a dark-red rind.

The best-known cheeses are as follows :

American.	Derby.	Parmesan.
Brie.	Double Gloucester.	Roquefort.
Camembert.	Dutch.	Porte Salute.
Cheddar.	Gorgonzola.	Stilton.
Cheshire.	Gruyère.	Wensleydale.
Cottenham.	Neuchâtel.	

### Cream Cheese.

3 quarts thin cream, at 60° F.

10 drops rennet.

Let it stand one hour in a stone jar, then pour into a bag, and hang it up for twelve hours. Squeeze at the end of six hours, press under three bricks.

### Milk Cheese.

2 quarts new milk, at 80° F.

10 drops rennet.

1 tablespoonful cold water.

Stand one hour, ready for turning the next day, if kept at 60°, fill moulds up to top.

## VOCABULARY

- Absinthe.**—A liqueur prepared from a plant of the Wormwood family.
- Allspice.**—The ripe and dried berries of an evergreen.
- Andouillette.**—A kind of small sausage.
- Angelica.**—The succulent stem of an umbelliferous plant which is preserved in sugar.
- A l'Indienne.**—Curried dishes.
- Au Four.**—Baked in the oven.
- Au Gratin.**—A term applied to dishes served in the dish in which baked.
- Au Maigre.**—Lenten dishes ; dishes prepared without meat.
- Au Naturel.**—Food cooked simply and plainly.
- Aubergine.**—Egg fruit, a relation of the tomato, cooked like artichoke bottoms.
- Bain-marie.**—A large vessel half filled with hot water in which small saucepans, etc., are placed to keep their contents hot without burning.
- Bannocks.**—Thin round flat cakes made with oatmeal.
- Barbe de Capucine.**—A salad plant.
- Bavaroise.**—A kind of cold custard pudding.
- Bay-leaf.**—The leaf of a species of laurel, usually included in the bouquet garni.
- Bisque.**—The name given to soups made with shellfish.
- Bombay Duck.**—An Indian fish which is dried and served with curries, etc.
- Bombe.**—An iced pudding in the shape of a bomb filled with cream.
- Bon-bon.**—Sugar confectionery.
- Borage.**—An aromatic plant used for flavouring salads and iced drinks.
- Bouchées.**—Mouthful ; small puff-paste patties.
- Bouilli.**—Fresh boiled beef.
- Bouillon.**—A plain clear soup ; unclarified beef broth.
- Bouquet Garni.**—A small bunch of herbs, generally thyme, marjoram, bay-leaf, and parsley.



**Braise.**—To cook meat in a pan (a *braisière*) closely covered to prevent evaporation, so that the meat retains its own juices, and takes its flavour from the vegetables, herbs, bacon, etc., cooked with it.

**Brioche.**—A light French yeast cake, similar to Bath buns.

**Cannelons.**—Small rolls of pastry stuffed with meat.

**Caramel.**—Sugar boiled to a very dark brown, used for flavouring and colouring.

**Cardamoms.**—A spice used for flavouring, a plant of the genus *Amomum*.

**Casserole.**—A stewpan, or a shape of rice, pastry, etc., filled with meat, etc.

**Caviare.**—Sturgeon's roe salted.

**Charlotte.**—Usually a mould of biscuits filled with cream or custard.

**Chartreuse.**—Originally a mould of fruit or vegetables set in jelly or aspic, now used also for cooked game, etc., served in this style.

**Chervil.**—An aromatic herb used for flavouring.

**Chives.**—A plant of the Onion family, the stalks of which are used for flavouring.

**Coleannon.**—An Irish dish of mashed potatoes and boiled cabbage.

**Compote.**—Fruits stewed in syrup.

**Consommé.**—Clear soup.

**Croquettes.**—Shapes of minced meat, coated with egg and breadcrumbs, and fried.

**Croustades.**—Shapes of bread fried, in which minces, etc., are served.

**Croûtons.**—Thin slices of bread cut into shapes, fried, and used for garnishing.

**Curaçoa.**—A liqueur often used for flavouring creams, etc.

**Darioles.**—Small moulds used for jellies, puddings, etc.

**Daubière.**—An oval stewpan.

**Demi-glace.**—A brown sauce.

**Dragées.**—Sugar-plums.

**Eclair.**—A French pastry filled with cream.

**Egg-nogg.**—An American drink.

**Entrée.**—Fish, meat, fowl, or game dressed in some fancy way, generally served with a sauce; hot or cold side dishes.

**Entremets.**—Dainty dishes of vegetables, hot or cold sweets, or savouries.

**Fanchonettes.**—Small custard tartlets covered with a meringue mixture.

**Féoule.**—A fine flour used for thickening.

**Fennel.**—An aromatic plant used for sauces and garnishing.

**Financière.**—A rich ragout used in entrées.

**Fines Herbes.**—A mixture of green herbs, parsley, tarragon, chervil, thyme, etc.

**Flan.**—A French custard tart.

**Fleuron.**—A half-moon shape of puff paste used for garnishing.

**Foie Gras.**—Fat goose liver.

**Fricandeau.**—Braised fillet of veal larded.

**Fricardelle.**—A thin braised steak of game or veal.

**Fricassee.**—A white stew of chicken, veal, rabbit, or fish.

**Frumenty.**—Boiled wheat or barley served with milk, honey, or sugar.

**Galantine.**—A dish of white meat rolled, and served cold.

**Galette.**—Light roll or cake.

**Gherkins.**—Small cucumbers used for pickles.

**Giblets.**—Neck, pinions, liver, heart, etc., of poultry.

**Glaze.**—Stock or gravy reduced to the thickness of jelly.

**Globe Artichokes.**—The flower-buds of a plant of the Thistle family.

**Gooseberry Fool.**—Fruit rubbed through a sieve and mixed with cream or custard.

**Grenadins.**—Small fillets of meat larded and braised.

**Haggis.**—A Scotch dish made of various ingredients cooked in a sheep's paunch.

**Haricot.**—A stew of fried meat.

**Hash.**—Meat rewarmed in slices.

**Hâtelet.**—A small silver skewer.

**Hollandaise.**—A white fish sauce.

**Hominy.**—A farinaceous food prepared from maize.

**Hors d'Œuvre.**—Small dainty relishes served cold before the soup.

**Irish Moss.**—A kind of seaweed which is used for making jellies—very nourishing.

**Isinglass.**—Gelatine prepared from the swimming bladder of the sturgeon.

**Jugging.**—Name given to a form of cooking when meat is stewed in a jar.

**Julienne.**—A clear soup garnished with a variety of vegetables finely shredded.

**Jumbles.**—A sort of biseuit.

**Kebobs.**—A Turkish dish consisting of small slices of mutton threaded on skewers and grilled.

**Kedgeriee.**—A dish of fish and rice garnished with hard-boiled eggs.

**Ketchup.**—A sauce made from mushrooms.

**Kirsch.**—A spirit made from cherries.

**Koumiss.**—A beverage made from fermented milk.

**Kromesnies.**—Balls or rolls of minced cooked meat or game rolled in ham or bacon, dipped in batter, and fried.

**Larding.**—Inserting small strips of fat bacon in a piece of meat.

**Liaison.**—A mixture used for thickening soups and sauces.

**Macedoine.**—A variety of fruits moulded in jelly or vegetables mixed together.

**Madeleine.**—A kind of small cake.

**Maitre d'Hôtel.**—Butter mixed with parsley, lemon-juice, and seasoning used as a garnish for grilled meats, etc.

**Maraschino.**—A white liqueur used for flavouring.

**Marinade.**—A brine in which fish or meat is steeped.

**Mayonnaise.**—A thick cold sauce made of yolks of eggs, oil, vinegar, and cream.

**Mazarin.**—A small ornamental shape of fish, game, or poultry.

**Mignonette Pepper.**—Coarsely ground white peppercorns.

**Mirepoix.**—A mixture of vegetables and herbs forming the foundation of some brown soups and sauces ; also used in braising meat.

**Miroton.**—Small rounds of meat or poultry braised or stewed.

**Mousse.**—Originally a very light ice-cream mixture.

**Mulligatawny.**—An Indian soup flavoured with curry-powder.

**Negus.**—Mulled wine.

**Norfolk Dumplings.**—Pieces of dough poached in boiling water.

**Noyeau.**—A liqueur flavoured with peach or nectarine kernels.

**Panada.**—A thick sauce used for binding meat mixtures.

**Panurette.**—Browned crumbs or grated rusks used for decoration or coating.

**Paprika.**—Hungarian red pepper.

**Parboil.**—To partly cook.

**Parmesan.**—An Italian skim-milk cheese.

**Pièce de Résistance.**—The chief joint of a dinner.

**Pilau.**—A Turkish dish of rice and meat highly flavoured.

**Pistachio.**—The kernel of the nut of the terebinth, of a light-green colour, much used for flavouring and decorating.

**Poach.**—To cook lightly in boiling water.

**Poêle.**—A cooking pot or pan.

**Pot-au-feu.**—A dish of beef, broth, and vegetables.

**Pulled Bread.**—The crumb of a loaf pulled into pieces while hot, and baked till crisp.

**Quenelles.**—A creamy meat mixture shaped in spoons and poached.

**Quince.**—A fruit of the Apple family used for marmalades, compotes, and tarts.

**Ragout.**—A rich stew highly seasoned.

**Ramequins.**—A cheese savoury served in cases.

**Ratafia.**—The essence of bitter almonds ; a small biscuit.

**Ravigote.**—A sauce containing the fines herbes mixture.

**Rennet.**—The prepared membrane of a calf's stomach.

**Rissoles.**—Small shapes of minced meat or fish enclosed in pastry and fried.

**Rissolettes.**—Minced meat enclosed in thin pancakes and fried.

**Roux.**—A preparation of butter and flour used for thickening soups and sauces. There are three kinds : white, fawn, and brown.

**Salamander.**—A flat piece of iron with a handle which is allowed to get red hot, and then used for browning the tops of puddings, etc.

**Salmi.**—A dish of game hashed after it has been partially roasted.

**Salpicon.**—A savoury mince of game and poultry.

**Sauerkraut.**—A German dish of pickled cabbage.

**Sauté-pan.**—A shallow copper pan used for dry frying.

**Saveloy.**—A smoked pork sausage.

**Savarin.**—A light spongy cake made with yeast, soaked with wine and syrup, decorated with preserved fruits.

**Simnel Cake.**—A mid-Lent cake, with layers of almond paste, properly served on 'Mothering' Sunday.

**Soufflé.**—A baked or steamed pudding or savoury lightened with the whipped whites of eggs.

**Soy.**—A dark-brown sauce originally made in Japan.

**Syllabub.**—A milk punch flavoured with liqueurs and spices.

**Tansy.**—An aromatic herb used for flavouring.

**Tarragon.**—A plant used for flavouring.

**Terrapin.**—A small American turtle.

**Timbale.**—Moulds lined with pastry, etc., and filled with a savoury mixture of cooked meat.

**Tournedos.**—Thin fillets of beef served as an entrée.

**Truffles.**—A small fungus similar to a mushroom. There are three varieties : black, gray, and red.

**Vol-au-vent.**—A case of puff paste filled with a savoury mixture of meat, chicken, or fish.

**Welsh Rarebit, or Rabbit.**—A slice of toasted bread covered with a highly seasoned mixture of cheese, beer, butter, etc.

## APPENDIX I

### THINGS OBTAINABLE IN DIFFERENT MONTHS

#### *JANUARY.*

**Fruit.**—Apples, bananas, dates, figs, grapes, lemons, medlars, melons (Spanish water), nuts, oranges, pears, pines (St. Michael's), prunes, rhubarb.

**Vegetables.**—Artichokes (Jerusalem), beetroot, broccoli, Brussels sprouts, savoys, celery, carrots, chervil, garlic, greens, horseradish, leeks, lettuce, mushrooms, onions, ditto Spanish, parsnips, potatoes, Scotch kale, salsify.

**Fish.**—Bloaters, brill, cod, cockles, crabs, dabs, dory, eels, flounders, gurnards, haddocks, halibut, herrings, ling, lobsters, (scarce), mackerel, oysters, perch, pike, plaice, prawns, salmon (Dutch), scallops, skate, smelt, soles, sprats, turbot, whiting.

**Game and Poultry.**—Blackcock, chickens, ducks (wild), geese, ditto wild, hares, larks, partridges, pheasants, pigeon, plovers, rabbits, snipe, turkeys, teal, widgeon, woodcock.

**Meat.**—Beef, lamb, mutton, pork, veal, venison.

#### *FEBRUARY.*

**Fruit.**—Apples, bananas, dates, figs, grapes, lemons, melons (Spanish water), nuts, oranges, ditto Seville, pears, pines (St. Michael's), ditto English, prunes, rhubarb.

**Vegetables.**—Artichokes (Jerusalem), beetroot, broccoli, Brussels sprouts, savoys, carrots, celery, chervil, garlic, horse-

radish, kale, leeks, lettuce, mushrooms, onions, ditto Spanish, potatoes, parsnips, salsify, seakale.

**Fish.**—Bloaters, cod, erabs, dory, eels, flounders, gurnards, haddocks, herrings, ling, lobsters, mackerel, mussels, oysters, pike, salmon, scallops, skate, smelt, sprats, trout, turbot, whitebait.

**Game and Poultry.**—Blaekeock, ehiekens, dueklings (very dear), dueks (wild), geese, ditto wild, hares, larks, partridges, plovers, pigeons, prairie hens, rabbits, snipe, teal, turkey, widgeon, woodeock.

**Meat.**—Beef, mutton (best from Christmas to Midsummer), lamb, pork, veal.

### MARCH.

**Fruit.**—Apples, bananas, figs, grapes, lemons, melons (Spanish water), oranges, ditto Seville, pines (St. Michael's), ditto English, prunes, rhubarb.

**Vegetables.**—Artichokes (Jerusalem and globe), beetroot, broeeoli, eabbage (red), earrots, chervil, horseradish, lettuce, leeks, onions, ditto Spanish, parsnips, potatoes, ditto new, radishes, salsify, seakale, small salad, spinaeh.

**Fish.**—Bloaters, eod, conger-eels, erabs, dory, flounders, gurnards, ling, lobsters, mackerel, oysters, pike (tiil 15th), salmon, scallops, shrimps, skate, smelts, sprats, trout, turbot, whitebait.

**Game and Poultry.**—Blackeock, ehiekens, dueklings, dueks (wild), geese (wild), guinea-fowl, pigeons, prairie hens, quails, teal.

**Meat.**—Beef, lamb, mutton, pork, veal (best from March to July).

### APRIL.

**Fruit.** — Apples, bananas, grapes, green gooseberries, lemons, oranges, pines (St. Michael's), ditto English, rhubarb.

**Vegetables.**—Artiehokes (globe), asparagus, beetroot, broeeoli, eabbage (spring), ehervil, eueumbers, horseradish,

lettuce, onions, parsnips, peas, potatoes, ditto new, radishes, seakale, spinach, small salad, tomatoes, turnip-tops.

**Fish.**—Bloaters, cod, conger-eels, crabs, dory, flounders, gurnards, herrings, ling, lobsters, mackerel, mullet, oysters, prawns, salmon, scallops, shrimps, skate, smelts, trout, turbot, whitebait.

**Game and Poultry.**—Chickens, ducklings, guinea-fowl, leverets, pigeons, teal.

**Meat.**—Beef, lamb (best from April to June), mutton, pork, veal.

### MAY.

**Fruit.**—Apples, bananas, cherries and currants, green gooseberries, grapes, lemons, nuts, oranges, pines (English), rhubarb, strawberries.

**Vegetables.**—Artichokes (globe), asparagus, beetroot, cabbages, carrots, cauliflowers, chervil, cucumbers, horseradish, lettuce, onions, peas, potatoes, ditto new, radishes, seakale, spinach, tomatoes, turnips.

**Fish.**—Bass, bloaters, brill, conger-eels, crabs, crayfish, dory, eels, gurnards, haddock, halibut, ling, lobsters, mackerel, mullet, plaice, prawns, salmon, scallops, shrimps, skate, smelts, sole, trout, turbot (at its best), whiting, whitebait.

**Game and Poultry.**—Chickens and ducklings, guinea-fowls, leverets, pigeons, rabbits.

**Meat.**—Beef, lamb, mutton, veal.

### JUNE.

**Fruit.**—Apricots, bananas, currants, cherries, gooseberries, lemons, grapes, melons, pines, raspberries, strawberries.

**Vegetables.**—Asparagus, beans (French and kidney), cabbage, carrots, cauliflowers, chervil, cucumbers, endive, green peas, horseradish, leeks, lettuce, onions, potatoes, radishes, spinach, tomatoes, turnips.

*For Drying.*—Thyme, mint, tarragon.

**Fish.**—Bass, bloaters, brill, conger-eels, crabs, crawfish,



dory, eels, gurnards, haddocks, halibut, ling, lobsters, mackerel, mullet, plaice, prawns, salmon, shrimps, soles, trout, turbot, whiting, whitebait.

**Game and Poultry.**—Chickens and ducklings, goslings, leverets, pigeons, rabbits, snipe, venison.

**Meat.**—Beef, lamb, mutton, veal.

### JULY.

**Fruit.**—Apricots, bananas, cherries, currants, gooseberries, green figs, greengages, lemons, melons, grapes, mulberries, peaches, plums, pineapples (English), raspberries, strawberries.

**Vegetables.**—Artichokes (globe), asparagus, beans, beetroot, carrots, cauliflowers, cabbages, chervil, cucumbers, green peas, horseradish, leeks, lettuce, marrows, onions, potatoes, spinach, salsify, turnips, tomatoes.

*For Drying.*—Marjoram, thyme, mint.

*For Pickling.*—Red cabbage, cauliflowers, cucumbers, nasturtiums, onions.

**Fish.**—Bass, bloaters, brill, conger-eels, crabs, dory, eels, gurnards, haddock, halibut, herrings, ling, lobsters, mullet, pike, plaice, prawns, salmon, sea-bream, shrimps, soles, trout, whitebait, whiting.

**Game and Poultry.**—Bordeaux pigeons, ducks, goslings, leverets, rabbits, venison.

**Meat.**—Beef, lamb, mutton, veal.

### AUGUST.

**Fruit.**—Apricots, bananas, currants, cherries, greengages, green figs, filberts, lemons, melons (hot-house and rock), mulberries, grapes, nectarines, peaches, pears, plums, pines (English), raspberries,

**Vegetables.**—Artichokes (globe), beans, beetroot, carrots, cauliflowers, chervil, cucumbers, lettuce, leeks, mushrooms, marrows, onions, potatoes, salsify, spinach, shallots, turnips, tomatoes.



*For Drying.*—Basil, sage.

*For Pickling.*—Capsicum, chillies, walnuts.

**Fish.**—Bass, bloaters, brill, eonger-eels, dabs, dory, flounders, gurnards, haddock, herrings, lobsters, mullet, pike, plaice, prawns, salmon, sea-bream, shrimps, soles, turbot, trout, whiting, whitebait.

**Game and Poultry.**—Blackcock (from the 20th), chickens, ducks (wild), fowls, grouse (from 12th), goslings, leverets, pigeons (wild), ptarmigan (from 12th), plovers, quails, snipe, teal, wheatear, widgeon, woodcock.

**Meat.**—Beef, lamb, mutton, veal, venison.

### SEPTEMBER.

**Fruit.**—Apricots, apples, bananas, blackberries, damsons, green figs, greengages, grapes, lemons, melons (hot-house and rock), grapes, nectarines, pears, peaches, pines (English), plums, quinees, walnuts.

**Vegetables.**—Artichokes (Jerusalem and globe), Brussels sprouts, beans, cauliflowers, celery, carrots, cabbage, chervil, chillies, cucumbers, capsicums, horseradish, lettuce, leeks, marrows, mushrooms, onions, parsnips, potatoes, shallots, spinach, tomatoes.

**Fish.**—Bass, bloaters, brill, eod, eonger-eels, dory, flounders, gurnards, haddock, halibut, herrings, lobsters, mackerel, mullet, oysters, pike, plaice, sea-bream, sturgeon, shrimps, sole, whiting.

**Game and Poultry.**—Blackcock, chickens, ducks (wild), fowls, geese, ditto wild, grouse, leverets, partridges, plovers, pullets, pigeons (wild), ptarmigan, rabbits, snipe, turkeys, teal, venison, widgeon, woodcock, wheatears.

**Meat.**—Beef, mutton, pork (in season till April), venison.

### OCTOBER.

**Fruit.**—Apricots, apples, blackberries, bananas, cranberries, damsons, figs, filberts, grapes, lemons, melons (Spanish water),

nectarines, pomegranates, pears, peaches, pines (St. Michael's and English), quinces, walnuts.

**Vegetables.**—Artichokes (Jerusalem), broccoli, beetroot, beans, Brussels sprouts, carrots, cabbages, celery, chervil, chillies, capsicums, horseradish, lettuce, leeks, marrows, mushrooms, onions, ditto Spanish and pickling, parsnips, potatoes, shallots, savoy, spinach, tomatoes, turnips.

**Fish.**—Bloaters, brill, cod, conger - eels, crabs, dory, flounders, haddocks, halibut, herrings, ling, lobsters, mullet, mackerel, oysters, pike, plaice, shrimps, scallops, sea-bream, skate, smelts, soles, whiting.

**Game and Poultry.**—Blackcock, chickens, ducks (wild), geese, ditto wild, grouse, hares, pigeons, plover, ptarmigan, partridges, pheasants, rabbits, snipe, teal, turkey, venison, widgeon, woodcock. Poultry is cheapest at this time when game first comes in.

**Meat.**—Beef, mutton, pork, veal, venison.

### NOVEMBER.

**Fruit.**—Apples, bananas, cranberries, chestnuts, figs, grapes, lemons, medlars, melons (Spanish water), nuts, oranges, pines (St. Michael's), pears, quinces.

**Vegetables.**—Artichokes (Jerusalem), Brussels sprouts, broccoli, beetroot, celery, cabbage, chervil, carrots, garlic, greens, horseradish, leeks, onions, ditto Spanish and pickling, parsnips, potatoes, Scotch kale, shallots, spinach, Savoy cabbage, turnips, tomatoes.

**Fish.**—Bloaters, brill, cod, crabs, dory, eel, flounders, haddock, halibut, herrings, ling, lobsters, mackerel, oysters, pike, plaice, salmon (Dutch), scallops, skate, smelts, soles, sprats, whiting.

**Poultry and Game.**—Blackcock, chickens, ducks (wild), geese, ditto wild, grouse, hares, larks, ptarmigan, partridges, pheasants, pigeons, plovers, rabbits, snipe, teal, turkeys, woodcock.

**Meat.**—Beef, mutton, pork, veal, venison.

## DECEMBER.

**Fruit.**—Apples, bananas, cranberries, chestnuts, lemons, medlars, melons (Spanish water), grapes, nuts, oranges, pears, pomegranates, pines (St. Michael's), walnuts.

**Vegetables.**—Artichokes (Jerusalem), beetroot, Brussels sprouts, broccoli, carrots, celery, garlic, horseradish, lettuce, leeks, mushrooms, onions (Spanish), parsnips, potatoes, shallots, spinach, Scotch kale, salsify, turnips, tomatoes.

**Fish.**—Bloaters, brill, cod, crabs, dory, eel, flounders, gurnards, haddock, halibut, herrings, ling, lobsters, mackerel, oysters, pike, plaice, scallops, skate, smelts, soles, sprats, whiting.

**Game and Poultry.**—Blackcock, chickens, duck (wild), geese, ditto wild, grouse (to the 10th), hares, larks, partridges, ptarmigan, pheasants, plover, pigeons, rabbits, snipe, teal, turkeys, woodcock, venison (doe).

**Meat.**—Beef, mutton, pork, veal.

## APPENDIX II

### COMPLETE LIST OF COOKING UTENSILS REQUIRED FOR A LARGE KITCHEN.

- |   |                              |
|---|------------------------------|
| 1 copper stewpan, for fruit and jelly (2½-qt. size).                  | 1 salt-box.                  |
| 2 copper stewpans, for sauces (1-qt. size).                           | 1 hair sieve.                |
| 1 copper preserving-pan.  | 2 wire sieves (2 sizes).     |
| 1 stock-pot.  | 1 chopping-board.            |
| 1 oval boiling-pot, for hams, etc. (5-gal. size).                     | 2 saucepan-trivets.          |
| 1 oval boiling-pot, for roly-polys, galantines, etc. (1½-gal. size).  | 1 rolling-pin.               |
| 4 iron saucepans (from 1½ to 5 qts.).                                 | 1 pastry-board.              |
| 1 potato-steamer (to fit one of the iron saucepans).                  | 1 porkpie block (3½ in.).    |
| 2 steel stewpans (1½ qts. and 2 qts.)                                 | 1 knife-board.               |
| Fish-kettle (tin).  | 1 flour-tub.                 |
| Frying-basket and iron stewpan to fit.                                | 1 steel.                     |
| 1 tin saucepan (small).   | 1 pair scissors.             |
| 2 frying-pans (6 in. and 9 in. diameter), for pancakes and omelettes. | 1 cutlet-bat.                |
| 1 frying-pan (oval, for cutlets).                                     | 1 meat-saw.                  |
| 1 enamelled colander.   | 1 meat-chopper.              |
| 1 enamelled handbowl.   | 1 palette-knife (9 in.).     |
| 1 meat-mincing machine ('Enterprise,' No. 5).                         | 1 basting-spoon.             |
| 1 bread, suet, and almond grating-machine.                            | 1 set of skewers.            |
| 1 raisin-stoner.  | 2 or 3 trussing-needles.     |
| 1 coffee-mill.  | 2 larding-needles.           |
| 1 percolating coffee-pot (1½ pts.)                                    | ½ doz. kitchen forks.        |
| 1 pestle and mortar (8 in. diameter).                                 | ½ d. z. kitchen knives.      |
| 1 potato-masher (No. 3 size).   | 3 cook's knives.             |
| 1 iron kettle (3 qts.).   | 1 cook's fork.               |
| 1 tin kettle (1 qt.).   | ½ doz. teaspoons.            |
| 1 Dutch-oven with loose pan (11 in.).                                 | 3 iron spoons.               |
| 1 iron gridiron.  | ½ doz. wooden spoons.        |
| 1 double meat-tin with grid.  | 1 toasting-fork.             |
| 1 girdle (11 in. diameter).   | 1 egg-whisk.                 |
| 1 Yorkshire pudding-tin.  | 1 corkscrew.                 |
| 3 flat baking-sheets (14½ × 10 × ⅝ in.).                              | 1 tin-opener ('Never-slip'). |
| 2 flat baking-sheets (small, 12 × 7 × ⅝ in.).                         | 1 apple-corer.               |
| 2 round sandwich-tins (8 in. diameter).                               | 1 potato-peeler.             |
| 2 sandwich-tins (12 × 6 × 1½ in.).                                    | 1 oyster-knife.              |
| 1 cake-tin, Genoa (8 × 8 × 3 in.).                                    | Set of icing tools.          |
| 1 set of 3 cake-tins (4 in., 5 in., 6 in. diameter).                  | 1 knife-box.                 |
| 1 doz. dariole-moulds.  | 1 saucepan-brush.            |
| 1 doz. custard-cups (tin).  | 1 pastry-brush.              |
| 1 doz. patty-pans.  | 3 scrubbing-brushes (set).   |
| 1 doz. queen-cake tins.   | 2 butter and egg brushes.    |
| 1 box plain cutters.  | Leathers for tins.           |
| 1 box fluted cutters.   | 2 jug-mops.                  |
| 2 vegetable-cutters of different patterns.                            | 1 bottle-brush.              |
| 2 tin moulds (best tin, copper tops, 1 pt., 1½ pts.).                 | 1 zinc washing-up bath.      |
| 1 tin border-mould (best tin, 1½ pts.).                               | 2 buckets.                   |
| 1 spice-box (6 boxes in stand).                                       | Clock.                       |
| 1 grater.   | 1 lemon-squeezer (glass).    |
| 1 fish-slice.   | 12 store jars.               |
| 1 flour-dredger.  | 3 china moulds.              |
| 1 sugar-sifter.   | ½ doz. pudding-basins.       |
| 1 pepper-castor.  | 4 pie-dishes.                |
| 2 gravy-strainers (1 fine, 1 coarse).                                 | 2 mixing-bowls (large).      |
| 3 measures (gill, ½ pt., 1 pt.).                                      | 1 salt-cellar.               |
| 1 tin funnel.   | ½ doz. cups and saucers.     |
| Pair of scales and weights.   | 1 teapot.                    |
|   | ½ doz. soup-plates.          |
|   | 6 dishes (in sizes).         |
|   | 3 jugs (set).                |
|   | Oven-cloths.                 |
|   | Knife-cloths.                |
|   | Tea-towels.                  |
|   | Glass-cloths.                |
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